

Creative SAY!

SAMH CREATIVE SAY



ONSITE | ONLINE | OUTDOORS

FEBRUARY 2021

ABOUT US !

Established in 1968, the Singapore Association for Mental Health (SAMH) is the first community-based mental health agency in Singapore that aims to promote mental wellness and resilience in the community as well as to facilitate the rehabilitation and reintegration of persons with mental health issues back into society.

SAMH Creative Services, launched in 2011, offers both art and sports programmes on a monthly basis. Programmes are designed with the key purpose of enhancing mental wellness for all.

SAMH believes that regular engagement in the arts, sports and outdoors will:

- **BENEFIT MENTAL AND EMOTIONAL WELLNESS.**
- **CONTRIBUTE TO SELF-CARE AND ENHANCE PHYSICAL HEALTH.**
- **PROMOTE SOCIAL INCLUSION.**

SAMH Creative Services has two centres:

SAMH Creative SAY! serves youths aged between 13 and 35 years old and is located in Marsiling.

SAMH Creative MINDSET Hub serves the community and is located within Our Tampines Hub

Covid 19 measures

-In line with guidelines issued by the Ministry of Health (MOH) on the COVID-19 situation, we will be putting in place the following measures:

- Temperature-taking and health declaration
- SafeEntry to facilitate contact tracing
- Ensuring separation of at least a metre between participants; maximum group size capped at 8 pax
- Registration for sessions is mandatory; walk-ins are not allowed

As the COVID-19 situation is evolving, please be informed that SAMH CreativeSAY! reserves the right to reschedule, cancel or move sessions online. We seek your understanding in the event that there is postponement or cancellation within short notice.

Holidays to note

In view of Chinese New Year/Eve, there will not be sessions held on the 11th and 12th of February (Thursday and Friday)

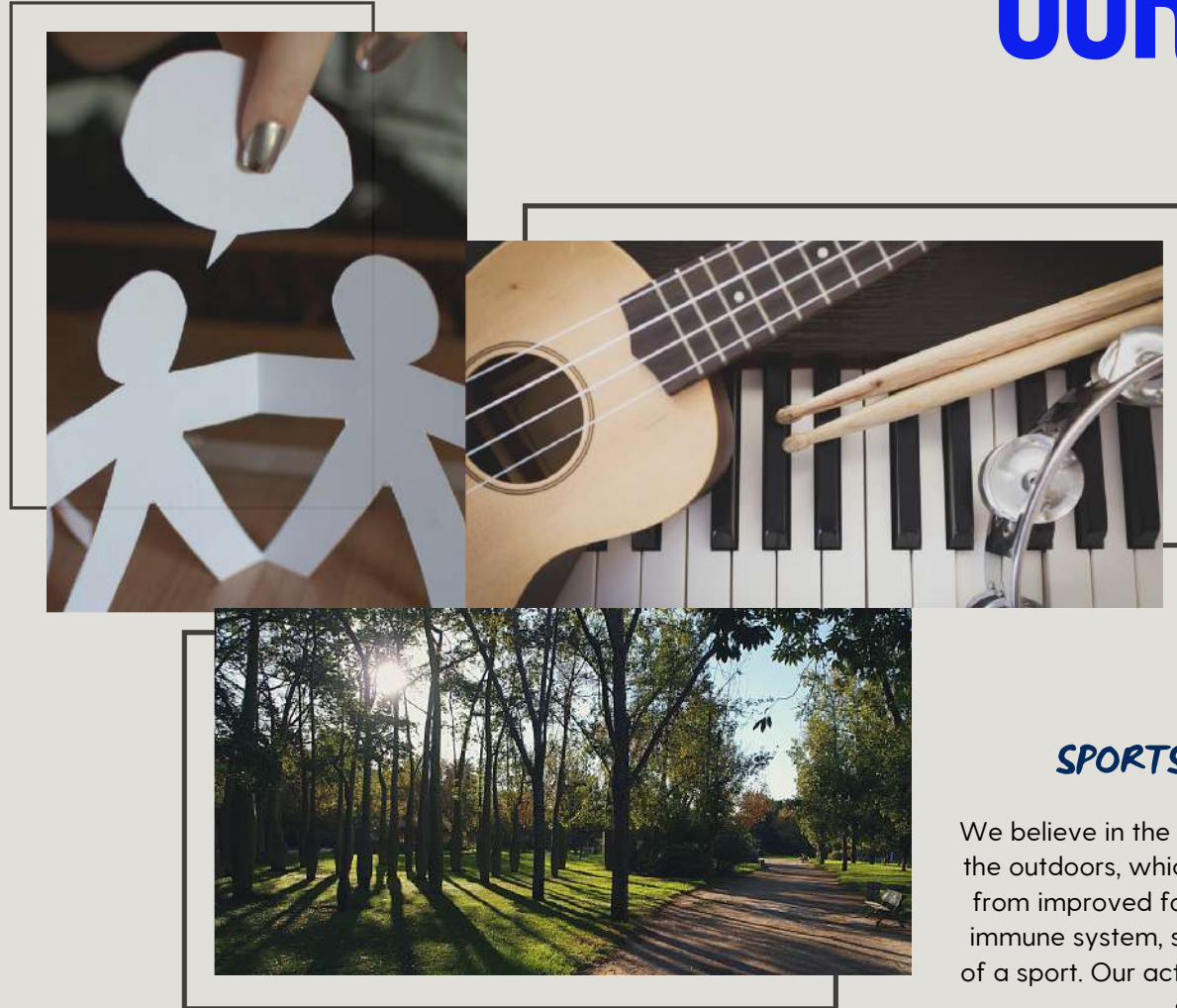
OUR SERVICES

ART THERAPY & SOMATIC EXPERIENCING

Art Therapy can help when words are not adequate to express or convey the feelings within. Our professional art therapists are at hand to guide you through difficult life events and recovery from distress.

Somatic Experiencing® (SE) method is a body-oriented and integrative approach to healing, trauma resolution and prevention.

Our Individual Therapy session is \$80 per session. Please call us if you wish to schedule an appointment



CREATIVE THERAPEUTIC INTERVENTIONS

Learn new skills and express your feelings through visual arts, music and dance. A relaxing way to meet people from all walks of life. We offer new activities and themes every month!

Join us as a member to participate. Monthly membership is \$20 per month.

SPORTS & OUTDOORS

We believe in the healing power of sports and the outdoors, which provides benefits ranging from improved focus to a stronger, healthier immune system, social inclusion and mastery of a sport. Our activities include both land and sea sports.

Join us as a member to participate. Monthly membership is \$20 per month.

FITNESS

BollyZoom

Monday, 1 February 2021

4pm - 5.30pm

Facilitator: Kash & Charmaine

A Bollywood-inspired Dance Workout. There's no denying that Bollywood is known for its preppy dance moves and heart thumping song tracks. Together let's channel our inner divas and dance our hearts out! Participants will need to be in proper sports attire.

Other Materials Required:

Small Towel

Note: Limited to 8 slots per session

Materials will be provided

SUPPORT GROUP:

What's your SAY!

Monday, 15 February 2021

3pm - 5pm

Topic: Boundaries

Facilitator: Kash

Ever encountered encountered difficulties in expressing yourself through words or have you always enjoyed voicing out your opinions and views to others? Either way, this platform is for anyone who desire to express themselves or wants to develop the confidence to hold a conversation.

Note: Limited to 8 slots per session

Materials will be provided

ART MAKING STUDIO:

Terrarium Workshop

Monday, 8 February 2021

3pm - 3.45pm

Facilitator: Darrel & team (External Volunteer)

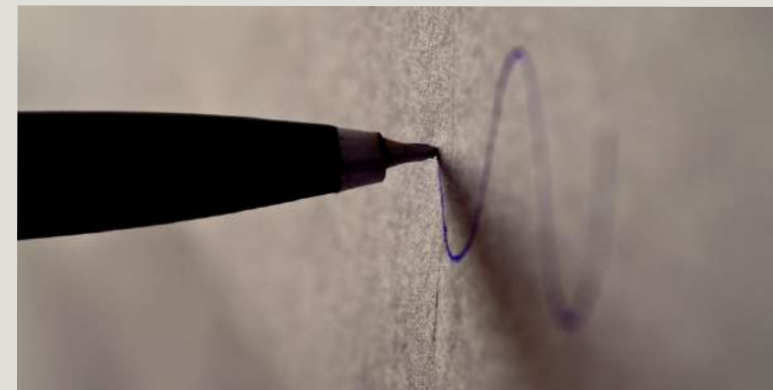
Join us for an afternoon of fun, creating your own closed terrarium!

Note: Limited to 8 slots per session

Materials will be provided



MONDAY ONSITE



ART MAKING STUDIO:

Pattern illustration: Animals

Monday, 22 February 2021

3pm - 5pm

Facilitator: Eugene

Making art has benefits for our mental well-being like increasing our self-esteem and relaxation.

Join us this session to use lines and patterns to create an illustration of an animal of your choice!

Note: Limited to 8 slots per session

Materials will be provided

TUESDAY ONSITE



ART EXPERIENTIAL: Tribal Dot Art

Tuesday, 2 February 2021
3pm - 4.30pm
Facilitator: Charlie

We will create dot paintings inspired by the Australian Aboriginal dot art in this session. Dot painting is not only easy and fun to make, the repetitive motion may also help us to loosen up and enjoy peace of mind!

Note: Limited to 8 slots per session.

ART MAKING STUDIO: The Clay Florist

Tuesday, 9 February 2021
3pm - 4.30pm
Facilitator: Joline

In this session, facilitator will be teaching participants how to sculpt flowers using clay. Through this intricate art making process, participants will also explore how they can hone their motor skills as well as to practice focus and patience.

Note: Limited to 8 slots per session.

ART EXPERIENTIAL: Crumpled Paper Art

Tuesday, 16 February 2021
3pm - 4.30pm
Facilitator: Charlie

Coping with stress during the pandemic is certainly uneasy. Let's appreciate the beauty in imperfection together through art-making. We will create artworks to relieve stress with crumpled paper and watercolour in this session.

Note: Limited to 8 slots per session.



WEDNESDAY ONSITE

ART EXPERIENTIAL: Expressing Anger

Wednesday, 3 February 2021
2.45pm - 4.15pm
Facilitator: Chui

Anger is a natural response when a person feels in danger. But, when it goes out of hand and turns destructive, this becomes an issue. Join in this session to express anger through art making which it is less hurtful for others and yourself.

Note: Limited to 8 slots per session.

THEATRE WORKSHOP: Off Centre

Wednesday, 10 February 2021
3pm - 5pm
Facilitator: Jolene Seah

Off Centre by Haresh Sharma follows the story of two friends, Saloma and Vinod, who first meet at a Oasis Club Function. They try to support each other through their mental health struggles. Join us as we learn more about these two characters and their stories through fun drama activities!

Note: Limited to 8 slots per session
Materials will be provided



EXPRESSIVE ARTS:

The Path of Least Resistance

Wednesday, 24 February 2021
3pm - 5pm
Facilitator: Eugene

Mental Health distress is common but not often talked about. What can help people get better? Discuss more in this session, as we get to know different stories of celebrities who overcame their mental health distress in order to move on in their lives.

Note: Limited to 8 slots per session
Materials will be provided

ART EXPERIENTIAL: I Wish, I Wish Upon the Star

Wednesday, 17 February 2021
2.45pm - 4.15pm
Facilitator: Chui

When was the last time you made a wish? Join in this session to express your wishes through art making.

Note: Limited to 8 slots per session.



THURSDAY ONSITE

FITNESS:

JustDance Now!

Thursday, 4 February 2021

4.00pm - 5.30pm

Facilitator: Aini

Welcome back to another round of JustDance Now! Calling all the high spirited beginners who wish to distract themselves from our hectic lives while wanting to burn those extra calories. We understand that certain dance moves can be too quirky to move. Fret not, you don't need to be a pro to unleash your inner dancer! Only your enthusiasm is needed to make this an exciting time!

Participants will need to be in proper sports attire.

Other Materials Required:

Small Towel

Water bottle

Note: Limited to 8 slots per session



ART EXPERIENTIAL:

Feel The Feeling

Thursday, 18 February 2021

3pm - 4:30pm

Facilitator: Shirly

When we get carried away by life events, do you remember to check in with yourself and understand your emotions? In this creative workshop, you are to engage in fun collaborative art making, and learn to tune into your senses, be present and mindful with your feelings.

Note: Limited to 8 slots per session

Materials will be provided

ARTMAKING STUDIO:

Make your own Pixel Art

Thursday, 25 February 2021

2:30pm - 4:30pm

Facilitator: Wen Si (Volunteer)

Doesn't Pixel Art look cool? Now you can make your own by using yarn!

Note: Limited to 4 slots per session

Materials will be provided



FRIDAY ONSITE

FITNESS

StepUp!

Friday, 5 February 2021

4pm - 5.30pm

Facilitator: Kash & Charmaine

Dread going for a run or hitting the gym? Exercise doesn't always have to be a mundane activity. Let's step up and groove to some heart pumping beats. Put on your track pants and let the adrenaline rush kick in.

Participants will need to be in proper sports attire.

Other Materials Required:

Small Towel

Water bottle a conversation.

Note: Limited to 8 slots per session

Materials will be provided

SUPPORT GROUP:

Youth Empowerment - Promoting Wellness & Mindful Eating

Friday, 19 February 2021

4pm - 5.30pm

Facilitator: Aini

Activity: Make-Your-Own Smoothie Bowl

Topic: Sense of Nourishment

Being mindful of the food you consume allows you to feel in control, while you enjoy the experience of eating so much more. You will be engaged in making your own tasty smoothie bowl with a blend of acai, fresh fruits, chia seeds & more

Apart from that, you will be designing your own food journal to keep track of what you consume, & how you can help yourselves work towards a healthier you!

Materials Required:

1) Own Tupperware or plastic container of choice

2) Own notebook of choice

Note: Limited to 8 slots per session.



OUTDOOR SESSION

OUTDOORS:
Creative Movement:
Explore For More
Wednesday
Facilitator: Syazwan

Being stuck at home does limit us in some ways. Let's take this opportunity to head outdoors and surround ourselves with the nature and its wonders.

10 February, 9am to 12pm - Bukit Brown

Note: Limited to 8 slots per session.

Please be in proper sports attire with covered shoes. More details will be made known to you closer to the date.

YOUTH CIRCLE

3 & 5 February 2021 - Facilitator: Syazwan
17 & 19 February 2021 - Facilitator: Kashmeera
26 February 2021 - Facilitator: Joline

2pm - 5pm

Youth circle is a safe space where youths can drop-in and work on their own projects or artworks independently or interact with others. Please note that this is a free period where no activities are facilitated. Our studio area and gym area is available for youth to use.

It is a time to develop healthy relationships with one another in a safe setting. While enjoying the space, Participants are also required to observe respect for others, the space and staff of SAMH Creative SAY!

- Note: Limited to 8 slots.

ONLINE SESSIONS

ART EXPERIENTIAL:
Dear Valentine

Friday, 26 February 2021
3pm - 4:30pm
Facilitator: Shirly

Feeling sparky in this Valentine's season? What does love look like to you? Can Valentine's day also be a great opportunity to foster self-love? Join us to explore the theme of love together in this art making workshop, and discover your own way of expressing and receiving love!

Material required:

2 sheets of A3 paper
Crayons, colored markers, pen/pencil
Your other preferred materials (optional)

HOW TO REGISTER:

FOR MONTHLY ACTIVITIES

Registration is compulsory for our monthly activities.

Please sign up at

<https://tinyurl.com/CSAYFEBRUARY2021>

or scan the QR code on the right

NOTE: New participants who are joining us for the first time will be contacted and assessed for suitability to join the group.

Monthly Membership Fee

For participants who are joining only our online activities, our staff will send an email with instructions on how to make online payment prior to the first registered session.



FOR INDIVIDUAL THERAPY

Please call or email us to find out more and make an appointment.

Disclaimer:

Please be informed that SAMH Creative SAY! reserves the right to cancel or reschedule sessions after the monthly flyer has been sent out.

Registered participants will be notified of any cancellation or changes at least 24 hours before the scheduled session. In the case of any unforeseen emergencies, we seek your kind understanding if we are unable to adhere to the 24 hours advance notice.

LOCATE US!

SAMH CREATIVE SAY!

Blk 317 Woodlands Street 31 #01-196 Singapore 730317
6362 4845

BY MRT

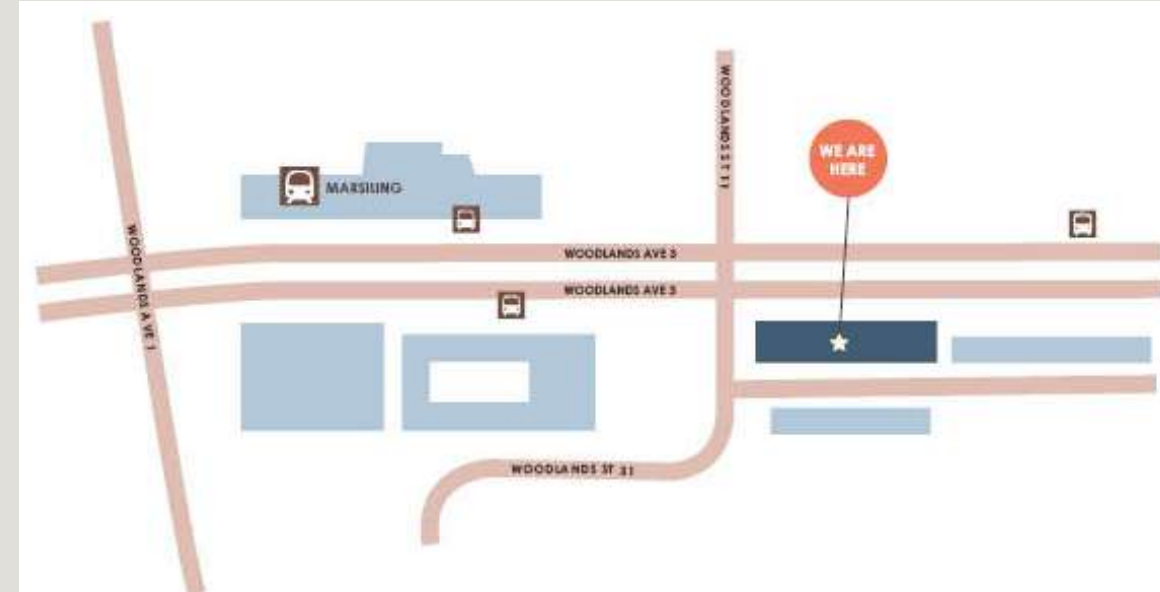
Alight Marsiling MRT on North-South Line. Cross overhead bridge and walk for 5 minutes.

BY BUS

Bus numbers 187, 856, 925, 925C, 926, 950, 960, 961, 961C, 963, 963E

BY CAR

Open carpark can be found at Blk 317.



CONTACT US!

For enquiries, please contact us at 6362 4845
or email to creativesay@samhealth.org.sg

If you need a listening ear, you can reach our counsellors at our
SAMH Toll-Free helpline: 1800-283-7019*

*Mon to Fri: 9am - 1pm, 2pm - 6pm

Not open on public holidays and eve of holidays



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