

SAMH Sports, Arts and Youths - Integrated Team !  
Presents

# October

Edition

In collaboration with





# About Us

**SAMH Sports, Arts and Youth - Integrated Team (SAMH SAY-IT!) @ East region** serves youths, aged 12 to 25 years old through arts, sports and interactive activities.

We also provide support to families in the community through positive interactive engagements and to share the knowledge of mental health.

## Our Services Include:

- Outreach & Education
- Early Identification & Assessment
- Creative Therapeutic Interventions
- Case Management & Monitoring
- Peer Support

## Covid 19 measures

In line with guidelines issued by the Ministry of Health (MOH) on the COVID-19 situation, all of our group sessions in October will be online via Zoom , Ubi or TCCC.

As the **COVID-19 situation** is evolving, please be informed that SAMH SAY-IT! reserves the right to reschedule, cancel or move its sessions online.

We seek your understanding in the event that there is a postponement or cancellation within short notice.

## For further support , please contact us at:

- **General enquiry:**  
samhsayit@samhealth.org.sg
- **Group Programmes Enquiry:**  
Programmes: 9179 - 4086
- **Case Workers' Numbers:**  
Dorothy: 9179-4087  
Syazwan: 9179-4085  
Hong ye: 9179-4084  
Hui Yee: 9179-4081  
Mei Qing: 9179-4063  
Ziling: 9179-4083

**Operating hours: 9am - 6pm (Mon to Fri)**

# Go-VAK

## Monday

**Time:** 3.30pm - 5.00pm

**Facilitators:** Aini & Charmaine

**Age:** 12 - 25 y/o

**Venue :** TCCC

**Pax:** Max 5 Pax (On-site)

### 04 & 18 Oct : Badminton

Let us get our body moving and heart rate pumping with Badminton!

### 11 Oct : Just dance

5-6-7-8! Come and move to the newest hits from 2020 to throwback songs of the early 2000s!

### 25 Oct : Mirroring , a dance workshop

Being aware of which body part is moving can help create self - awareness. Join us as we do some mirroring exercises and a short choreography.





# Board Games

*Tuesday*

**Date:** 05 Oct & 19 Oct

**Time:** 3.00pm - 4.00pm

**Facilitators:** Aini & Charmaine

**Age:** 12 - 25 y/o

**Venue :** Ubi

**Pax:** Max 5 Pax (On-site)

*Love to immerse yourself in interactive gameplay?  
Come along as we explore the world of board  
games.*





# YOU4ric

## Thursday

**Time:** 2.00pm - 3.30pm

**Facilitators:** Hongye

**Age:** 12 - 25 y/o

**Venue :** Online

**07 Oct : Hope is the strongest belief  
that makes things possible**

To highlight the importance of getting hope throughout the recovery journey.

**14 Oct : Let bygones be bygones**

To foster self - forgiveness by emphasizing on the benefits of letting go.

**21 Oct : Gratitude creates gratification**

To encourage myself to learn to show gratitude even for the smallest things.

# BEAM Time

## Thursday

**Time:** 4.00pm - 6.00pm

**Facilitators:** Aini & Charmaine

**Age:** 12 - 25 y/o

**Venue :** Tccc

**Pax:** Max 5 Pax (On-site)

### 07 Oct : The Colorful Shapes

Inspired by Kindah Khalidy's painting which uses abstract forms that contain shapes that exist around us. Let us paint the shapes around us!

### 14 Oct : Tell Me More!

There are always different sides to a story despite experiencing the same situation. Let us share the given story from our varied perspectives in this interactive session.

### 21 Oct : Creating a World Together

How would it look like to have flying cars or houses underwater? Let's create a world of possibilities through Art together!



# How to sign up?

## Sign-up

To register, please complete the form at <https://tinyurl.com/SAYITformOct21>

*Do take note that if you are new, our staff will have to contact and meet you for an intake interview before we can confirm your registration.*

## Volunteer

We need volunteers to raise mental health awareness especially within the EAST Region of Singapore.

If you are:

- **12 to 25 years old**
- Able commit a **minimum of 3 months**
- Keen to co-facilitate outreach programmes with SAMH SAY-IT!

Email us at [samhsayit@samhealth.org.sg](mailto:samhsayit@samhealth.org.sg) for more information.



# Venue

## How to get there?

**Tampines Changkat Community Club -  
Our Activity Space**

**Operating Hours:**

Mon, Thurs, Fri, 10.30am - 6pm (by appointment only)

**Address:**

13 Tampines St. 11, Singapore 529453

**Bus:** 292 (From Tampines Interchange)

8, 17, 18, 28 (Along Tampines Ave 2 Near Blk 101)

**Mrt:** Simei (East line - green); Tampines West (Downtown line - blue) ,

Contact us for more information  
at [samhsayit@samhealth.org.sg](mailto:samhsayit@samhealth.org.sg).



In collaboration with





Creative Services  
10th Anniversary

#EatMoveCreateSAMH



We're celebrating our 10th Anniversary this year with an **#EatMoveCreateSAMH** public wellness campaign. >>> Join us!

Eat Well,  
Move More,  
Just Create!

Hashtag us on FB and IG with **#EatwithSAMH**, **#MovewithSAMH**, **#CreatewithSAMH** and **#EatMoveCreateSAMH**. More to come :)