

Quarterly In-centre Programmes

OCT – DEC 2023

1 Maude Road, Level 3, Singapore 200001
creativehub@samhealth.org.sg



SAMH Creative Services

We use visual arts, writing, music and dance for participants of all ages as tools for prevention and intervention in mental health, on the cognitive, emotional and social levels. Our services are open to the public to help individuals improve their quality of life, encourage general awareness of mental health and reduce stigma for persons in recovery of mental illness.



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Complimentary sessions for
only ages 10 and above



Resilience Series

Artmaking journey over 6 sessions



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Specially created for seniors



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Working with art therapists





How to register

Email us with the following details:

- Name
- Contact number
- Email
- Programmes of interest

How to refer

1. Email us to request for: SAMH Referral Form
2. Fill it out
3. Send it back to us

New participants are required to do an intake meet-up 7 days prior to the start of session. No walk-ins for sessions are allowed.

For more information, reach us at:

 6320 0722

 creativehub@samhealth.org.sg

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EatMoveCreate

Eating well, moving often and just creating, is important to our mental health and well-being. To encourage everyone to do so, we offer complimentary workshops to kickstart your journey into making these lifestyle suggestions a regular part of your daily life.

Children only aged 10 and above are welcome with parental consent and parental participation is encouraged!

**Cost:
Complimentary**

Location unless otherwise stated:
1 Maude Road, Level 3, Singapore 200001

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October

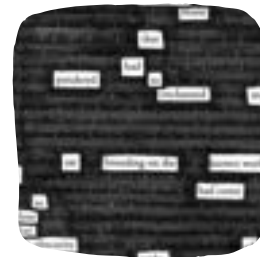


Writing In-between Worlds

12 Oct 2023, Thursday

3.00pm - 4.30pm

In her first published book, Serene aka girlfrances shares lessons from her journey in-recovery of schizophrenia and what it means to hold a recovery mindset. She invites people into the conversation to ask questions. There will also be a short writing exercise that everyone can participate in



Beyond The Lines

20 Oct 2023, Friday

3.00pm - 4.30pm

Always wanted to write poetry but didn't know how to start? Use blackout poetry as a technique to find inspiration and unleash your inner poet. Discover the power of words and visual art as you craft unique, thought-provoking poems from existing texts. Unleash your imagination as you transform pages into canvases of personal narratives and emotions.



Weave a Coaster

26 Oct 2023, Thursday

3.00pm - 4.30pm

Slow down your pace of life and practice mindfulness with weaving. Join us if you are curious to learn how to weave and create a coaster.



The Reci'me'

27 Oct 2023, Friday

3.00pm - 4.30pm

Discover the unique ingredients that define you, as we guide you through crafting a recipe filled with your personal touch. Let your inner artist and food enthusiast collide in this one-of-a-kind experience that celebrates the masterpiece that is you. Reserve your spot today and savour the joy of self-expression and delicious discoveries!



Lippan Art Reflections

10 Nov 2023, Friday

3.00pm - 4.30pm

Immerse yourself in the rich heritage of this ancient art form from India as you learn to craft intricate designs that reflect your inner world. Through hands-on guidance, you'll channel your creativity, finding solace and connection in the meditative process. Reserve your spot today and experience the harmony of art, culture, and inner peace.

November



Pause and Petals

3 Nov 2023, Friday

3.00pm - 4.30pm

Immerse yourself in the process of selecting, arranging, and preserving delicate blooms, transforming them into cherished keepsakes. Let the soothing nature of this craft uplift your spirit and reconnect you with nature's beauty. Reserve your spot today to capture the essence of nature within your own unique pressed flower bookmarks.



Nature Walk

14 Nov 2023, Tuesday

10.30am - 12.00pm

Let us work towards having a healthy body and healthy mindset. Join us in this nature walk to keep our mind fresh with positivity.

*Please note this will be held outdoors.



Watch Me Bloom!

29 Nov 2023, Wednesday

3.00pm - 4.30pm

Step by step, day by day. Let us manifest our growth in this workshop with every petal. Basic colour mixing and painted brushstrokes to mimic each step towards small progresses of achieving goals and dreams.

December



Shrink Plastic Keychains

5 Dec 2023, Tuesday
3.00pm - 4.30pm

Curious about creating keychains with plastic? In this session, learn how to make personalised keychains using simple and recycled materials.



Pack a Bento Box

13 Dec 2023, Wednesday
3.00pm - 4.30pm

What is your favorite food? Which food brings you comfort? Join us in this session as we create food that we enjoy using clay.



Fashioning Women's Well-being

7 Dec 2023, Thursday
10.00am - 11.30am

In collaboration with Joanna from MIRL – Made In Real Life, Serene aka girlfrances created a capsule collection of 5 items to promote women's well-being. Join this session to hear about their production process and created a moodboard for your own fashion collection.



Christmas Card Making

19 Dec 2023, Tuesday
3.00pm - 4.30pm

Join us in this Christmas themed card making session where you'll learn to make pop-up cards to gift loved ones.

Resilience Series

Resilience is about learning how to persevere and care for ourselves through challenging circumstances. Resilience is also about growing our resources so that we can bounce back fast and well through failure and difficulty. We can learn and build our resilience through engagement in art. These art series invite you to engage with an art form while picking up tips on personal resilience.

For youth, young adults, working professionals, families, people in transition, and retirees.

Cost:
\$80/pax for 6 sessions

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Resilience - Basics

Watercolour and Ink

Mondays

2, 16, 23, 30 Oct, 6, 20 Nov

3.00pm - 4.30pm

Find safety with watercolour and ink as we explore various aspects of your life and offer a space for people to share and learn from one another.

This group is intended for those aged 21 and above, who are willing to participate in a diverse and inclusive group.

Session 1: How I know myself

Session 2: Safety and connection


Session 3: The Heart of Home

Session 4: Time and Money

Session 5: Self-care not self-indulgence

Session 6: Who do I say I am





Resilience - Coping

Sewing and Stitching

Thursdays

2, 9, 16, 23, 30 Nov, 6 Dec

3.00pm - 5.00pm

Sewing and stitching is the act of putting things together and creating something new. There are different ways to use this needle craft to achieve various outcomes. Join us to learn different techniques of sewing and observe what this art form can do for both your mind and body while creating tactile art.

Session 1: Japanese inspired: Sashiko

Session 2: Japanese inspired: Boro

Session 3: Embroidery

Session 4: Patchwork

Session 5: Fabric dyeing

Session 6: Collage

4 Acts of Life

Forgiveness, gratitude, love, and goodbyes are the four acts of life - 4 "Daos". These are things that everyone needs time for, and they become even more important as we get older.

Seniors are at risk of developing dementia and depression, and are prone to physical frailty. This category of programs caters specifically to seniors' needs.

For seniors aged 50 and above.

Cost:

***\$40.80/pax for 6 sessions**

This programme is SkillsFuture Credit claimable

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1 Maude Road, Level 3, Singapore 200001

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Journey Through 4 Acts of Life Present from the Past

Thursdays

26 Oct, 2, 9, 16, 23, 30 Nov

10.00am - 11.30am



This course engages learners through art-making, to facilitate personal reflection and insight into the four acts of life - forgiveness, gratitude, love and goodbyes. These sessions will enable an individual to journey on the route of reminiscence where they can reconnect with their memories, places and themselves. The past will then reconnect back meaningfully to the present and future hope.

Session 1: Creating your musical record cover

Session 2: Creating your secret recipe

Session 3: Create a place where you would always go to

Session 4: Design a postcard

Session 5: Create a portrait

Session 6: Create a time capsule

Administered by:



***This run of 4 Acts of Life is partially sponsored by C3A and NSA.**

U.P. \$204/pax for 6 sessions

Art Therapy

Art therapy is the integration of art and psychotherapy, rooted in the understanding that creative expression can enhance an individual's mental wellbeing, to support the sense making process of different life experiences, which can range from moments of joy and achievements to grief and challenges. Receiving therapy does not necessarily mean that the individual is diagnosed with a mental illness. We have individuals coming forth for therapy because they care for their mental health and recognise the importance of maintaining mental wellbeing, and most have an appreciation of the art making process. Our professional art therapists will guide you through difficult life events and recovery from distress.

Cost:
\$100/hr for individual sessions



Support Group for Working Professionals

\$80/pax for 6 sessions

The support group offers an avenue for working adults to improve their self-care strategies, gain support and learn from each other. As you share knowledge, you'll gain a deeper understanding of how you can better manage your mental health at work. Through this 6-session support group, come and support each other, gain new insights and learn about how to cope with stressors, maintain healthy and professional relationships and enhance your overall wellbeing.

This session would be conducted onsite.

An intake interview is required and will be conducted to assess suitability.

Email us if you would like to join our support group sessions.

Play Therapy

45 mins/session

Cost: Complimentary

Play therapy gives children the opportunity to express their inner life and concerns through their natural inclination to play, that they may not be able to in other ways.

Using a range of creative and play mediums, children can process complex emotions while developing skills to process their experiences and problem-solve.

Play therapy is a well-established discipline based on psychological theories. Research shows that play therapy can benefit children experiencing a variety of social, emotional and learning difficulties.

In association with:



Children eligible for sign up:

Age 4 – 12yo with emotional and behavioural difficulties. Assessment will be done through questionnaire and parents' interview to determine if child is suitable for therapy.

Featured Artworks



Title: The Amazing World

Medium: Acrylic on Canvas
Size: 40.5cm x 32.5cm

Price: \$410

If you will like to purchase any of the artworks, contact us at creativehub@samhealth.org.sg

60% of proceeds goes directly to the Artist and 40% is donated to SAMH.



Title: Winter Landscape

Medium: Acrylic on Canvas Panel
Size: 35.5cm x 25.5cm

Price: \$220

YOUR DONATION MATTERS.

VOLUNTEER WITH US!

