



SAMH CREATIVE SERVICES

QUARTERLY IN-CENTRE PROGRAMMES

April - June

2024

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.

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 via email



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



SAMH Space2Connect
1 Maude Road, Level 3, Singapore 200001



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

April



Express & Expand (2 Part)

2 & 9 Apr 2024, Tuesdays

3.00pm - 4.30pm

Do you want to explore how art may reflect your inner thoughts, emotions and feelings? Join us for a two-part session where we'll use acrylic paints to express ourselves freely. By exploring new ways to build upon our artworks, we will use our creativity and imagination to gain a deeper understanding of ourselves.



Cookie Conversations

3 Apr 2024, Wednesday

2.30pm - 4.30pm

Learn to bake different cookies as a group. Through the act of baking, get to know other participants within the group by engaging in meaningful conversations and connect through shared experiences.



Visual Storytelling

4 Apr 2024, Thursday

2.00pm - 4.00pm

Create a mini comic-zine centred around healthcare and wellness. Learn techniques of writing, storytelling, and comic making, and bring home your own mini comic zine.



Intro to Yoga

16 Apr 2024, Tuesday

2.30pm - 4.00pm

Ready to move and stretch? Join this introductory yoga class, where you'll discover basic yoga poses and stretches that are beneficial for your body. This session is suitable for those who are physically fit and mobile.



Creative Self-Portraits Printmaking

30 Apr 2024, Tuesday

10.00am - 11.30am

Delve into self-reflection and expression in this printmaking session. Explore what it means to be you and how you like to be perceived through self-portraits. Learn to create prints and bring home a framed print of your own portrait.

May



Card Making - Mother's Day

7 May 2024, Tuesday

3.00pm - 4.30pm

Join us to learn how to create an origami flower bloom card for Mother's Day! It's not just for moms – you can make it for anyone you would like to show gratitude to. Crafting these cards is a fun way to express appreciation and makes us feel good inside.



Intro to Yoga

14 May 2024, Tuesday

2.30pm - 4.00pm

Ready to move and stretch? Join this introductory yoga class, where you'll discover basic yoga poses and stretches that are beneficial for your body. This session is suitable for those who are physically fit and mobile.



Take a Walk

15 May 2024, Wednesday

3.00pm - 4.30pm

Join us for this walk at Fort Canning Park where you'll get to reconnect with nature and enjoy Singapore's scenery. Experience the physical benefits of walking as you engage yourself in a mini trivia about the park's history.



Mindful Muffin

30 May 2024, Thursday

2.30pm - 4.30pm

Engage your 5 senses as you learn how to bake different flavoured muffins. Discover how focusing on the task at hand can bring a sense of calm and peace and learn simple ways to integrate mindfulness into your daily routines.

June



Elements of Self (Shapes and Lines)

4 Jun 2024, Tuesday

3.00pm - 4.30pm

Imagine if you can separate your essence into layers of colours and shapes, how will you look like as an abstract painting? Let us breathe and peel each coat of ourselves in a safe space. In this session, learn basic colour mixing and allow yourself to slow down and reflect as you create your own elements to paint onto a tote bag.



Card Making - Father's Day

11 Jun 2024, Tuesday

3.00pm - 4.30pm

It feels good to receive a card and even greater to gift one! Join us in this card making session and learn to create a personalised card to gift your loved ones.



Cookie Decoration

6 Jun 2024, Thursday

2.30pm - 4.30pm

Get creative and spread some love in this cookie decoration session. Each cookie becomes a canvas for expressing gratitude and appreciation towards someone special. Join us in sharing the sweetness of thankfulness.



Drum Circle

28 Jun 2024, Friday

3.00pm - 4.30pm

Explore the art of making music with everyday items such as containers and bins. Get in tune with others in this group drumming session where you'll learn basic beats and rhythms together.

Resilience Series

\$80/pax for 6 sessions

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.



Resilience - Belonging **Games Games Games!**

2, 9, 16, 23, 30 May, 6 Jun
Thursdays
3.00pm - 4.30pm

Come and create your own board game!
Explore themes of belonging and community through art and game play. In this series, participants will design and create their own game using art to foster connections and celebrate shared experiences.

All materials provided.

Session 1 – Game Concept Brainstorm
Session 2 – Character Design and Illustration
Session 3 – World Building and Map Design
Session 4 – Cards and Components
Session 5 – Assembling and Testing
Session 6 – Game Showcase and Play



Resilience - Coping **Art and Nature**

7, 14, 21, 28 May, 4, 11 Jun
Tuesdays
3.00pm - 4.30pm

Art is all around us! From organic pigments to found materials, learn how to transform natural resources such as fallen leaves and twigs into unique artworks. Each session explores different and creative ways of using nature to express ourselves.

All materials provided.

Session 1: Sun Printing
Session 2: Eco Printing
Session 3: Nature-made Brushes
Session 4: Nature-made Ink
Session 5: Nature-made Item Part 1
Session 6: Nature-made Item Part 2

Resilience Series

\$80/pax for 6 sessions



Resilience - Core Self

Life Vision with Art and AI

13, 20, 27, May, 3, 10, 24 Jun

Mondays

3.00pm - 4.30pm

This series offers you time and space to craft your life vision assisted by ChatGPT, becoming familiar with art mediums of your choice and trying out supportive AI technology to help you with your artmaking.

All materials provided.

Session 1 – Health

Session 2 – Relationships

Session 3 – Finances

Session 4 – Identity

Session 5 – Play

Session 6 – Putting it altogether

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 well-being, 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.



Individual Art Therapy

1 hr per session

Cost: \$100 per session

Kindly note that an intake will be carried out during the first session and individuals are encouraged to stay committed for at least 8 sessions to see any form of result or progress.



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.

Somatic Experiencing™

Somatic Experiencing (SE™) aims to resolve symptoms of stress, shock and trauma that accumulate in our bodies. SE attends to the root cause of these symptoms by gently guiding individuals to grow resilience in handling difficult bodily sensations and suppressed emotions. It is a body-oriented therapeutic approach that empowers individuals to release symptoms of trauma and stress through the guidance of a SE practitioner.



Individual Somatic Experiencing

1 hr per session
\$100 per session



What is Somatic Experiencing SE™?



23 May 2024, Thursday
1.00pm - 2.30pm
Online via Zoom

SE is a body-oriented therapeutic approach that aims to resolve symptoms of stress, shock and trauma that accumulate in our bodies.

Are you curious how SE works and how an individual is guided by a SE practitioner to regulate their nervous system in a session?

Join us in this role play and experience how a typical session may look like to you!

Email us to find out more.

Upcoming Events



Play Therapy

45 mins per session

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 mediums, children can process complex emotions while developing skills to process their experiences, make sense of the world 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.

Children eligible for sign up:

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

In association with:



Featured Artworks

Artworks featured below are created by SAMH clients with the guidance of a Creative Hub staff. 60% of proceeds goes directly to the Artist and 40% is donated to SAMH.

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



Title: Vigorous Tree

Medium: Acrylic on Canvas
Size: 30cm x 25cm

Price: \$220



Title: Leaves

Medium: Acrylic on Canvas
Size: 30cm x 24cm

Price: \$233



Title: Abstract of Chinatown

Medium: Acrylic on Canvas
Size: 30cm x 25cm

Price: \$160



Title: Flower in Monochrome

Medium: Acrylic on Canvas
Size: 30cm x 25cm

Price: \$220

YOUR DONATION MATTERS.



VOLUNTEER WITH US!

