

How to Apply 如何申请

We accept referrals from Institute of Mental Health, social service agencies and external agencies.

我们接受心理卫生学院、社会服务机构和外部机构的转介。

✉ Email admin@bcare.org.sg

☎ Call 6039 1161



*Bridging Gaps
Building Lives*

弥合差距 建立生活

Bethesda CARE Centre (BCARE) is a social service agency set up in 1996 to serve the community. We provide an extensive range of services to children, youths, seniors, families and persons with mental health conditions.

溢恩社会服务是一家社会服务机构，成立于1996年来为社区尽一份力。我们专为儿童、青少年、乐龄人士、有需求家庭及有精神状况者提供一系列服务。

Contact Us

6039 1161 | admin@bcare.org.sg
Blk 242 Hougang St 22 #01-93 Singapore 530242

bcare.org.sg [@bethesdacare](https://www.facebook.com/bethesdacare) [@bcaresg](https://www.instagram.com/bcaresg)



FAME CLUB

Friendship And Mind Enrichment Club

溢友良思俱乐部

Supporting your mental health needs
扶持您的精神健康





About Our Programme 关于服务

FAME Club fosters a community that brings hope, builds confidence and promotes mental wellness.

溢友良思俱乐部培育一个带来希望、建立信心和促进心理健康的团体。



Equipping of life skills
生活技能的装备



Meaningful engagement
有意义的活动



Fostering friendships
培养友谊

Programme Activities 项目活动

Our programme focuses on three aspects: physical, mental and emotional health.

我们的计划侧重于三个方面：身体、心理和情绪健康。

Activities include:



Exercise
运动



Mental wellness lessons
心理健康课程



Self regulation activities
自律活动



Recreational activities such as games,
and art and craft
娱乐活动，例如游戏和手工

From Our Members 来自我们的成员

“FAME Club has taught me to adapt to various situations, which helps me in my job.”

“溢友良思俱乐部教会我如何适应各种情况，这对我的工作很有帮助。”

- L

“I have become more confident and hopeful about my life.”

“我对自己的生活更加充满信心和希望。”

- CS

“My daughter has become very motivated and happy. She's made new friends, and she feels accepted and understood.”

“我的女儿变得非常积极和快乐。她结交了新朋友，感觉自己被接纳和理解。”

- R

