

## About Our Centre

Hougang Sheng Hong Family Service Centre is a one-stop neighbourhood centre that anyone can turn to for help on any matter relating to family. We are located within north-east district of Singapore and we serve families regardless of age, race, language or religion.

We offer a range of services for people who are trying to manage difficulties occur at different life stages. Through casework & counseling service, we handle such common issues as marital problem, family violence, behavioural problems of children, stress and mental health issues,

relational conflicts and mediation, financial difficulty etc. We also organize other educational and developmental

programmes to build strong family relationship, such as parent education programmes, marriage preparation and enrichment programme. Besides, we have a year-round children and youth programs that help nurture the development of good characters and positive values among children and young person.



### HOUGANG SHENG HONG FAMILY SERVICE CENTRE

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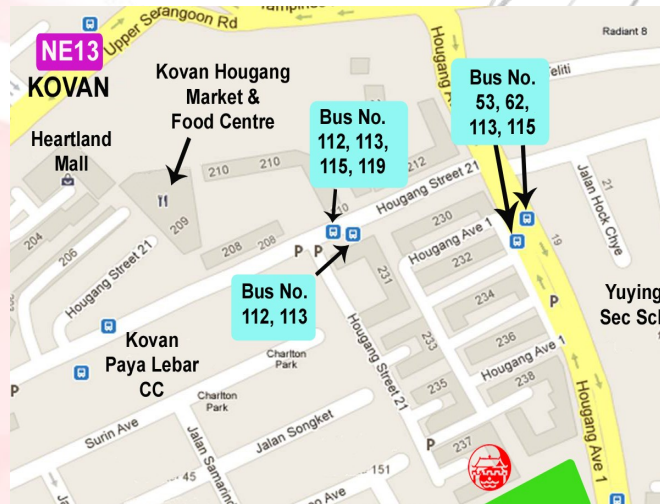
#### Centre Opening Time:

Mon, Wed, Thurs: 9am - 6pm

Tues & Fri: 9am - 9pm

Sat: 9am - 1pm

#### Location Map



**YOUR  
CENTRE  
IN THE  
HEARTLAND**

**HOUGANG SHENG HONG  
FAMILY SERVICE CENTRE**



# Our Services

## Casework & Counselling

Conducted by trained Social Workers & Counsellors, the service is provided to individuals, couples and families who are in crisis or under stress. The goal is to help them develop an insight into their situation so that they will have better ways to handle and resolve their difficulties.



## Information & Referral

As a first-stop community-based centre, we provide advice or information on handling of simple family-related issues.

When we are unable to serve the requestor's needs in our area of expertise, we will link the requestor to appropriate community resources and other service provider.

## Financial Assistance

Financial Assistance is provided to the low-income individual and families who encounter financial difficulties or sudden life upheavals. Depending on eligibility, we assist those who are in financial needs with the different financial schemes.

## Parent Education Programme

Parenthood can be a very challenging task in today's fast paced society. The Parent Education Programme aims to equip and empower parents with up-to-date parenting knowledge and skills. Effective parenting is the foundation for strong and resilient family.



## Marriage Enrichment Programme

Through the Marriage Enrichment programmes, we hope to assist married couples to grow in their knowledge of each other's needs, to enhance in their skills of good listening and communication and to strengthen their commitment in making their marriages successful and lasting.

## Marriage Preparation Programme

Through structured sessions and psychological inventory test, couple learn of their roles & responsibilities, ways for effective communication & resolving differences, expectations on financial management, family planning and in-laws relationship and also understand how their similarities and differences, their family of origin will have an impact on their marriage.



## Rainbow Connection

A special project for primary school-age children from low income families with the primary objectives of promoting their interest in studies, and their development of good character & positive values.

## Teens Canopie

An activity-based project to engage youths through multiple avenues. Through group participation & guided learning, youths develop their abilities and discover their potentials, and learn essential skills in preparing them for adulthood.

## KidsREAD

In-collaboration with NLB, KidsREAD is a weekly one hour programme aims to promote the love of reading among young children, in particular those from low-income.

## Homemakers' Kitchen

A platform to gather homemakers from the low income families to pick up baking skills as to earn some side income while the children are at school. It also a place for the women to make friends and support each other.

## Volunteering Opportunity

If you are age 16 years and above and would like to make a difference in some else life, come and join our team of volunteers. Email us at [fsc@shenghong.org.sg](mailto:fsc@shenghong.org.sg) or call us at **62895022** to arrange for an interview.

## Donation

You may also wish to support our service by making a donation to us. Donation can be made in cash, by cheque or online. All donations are tax-deductible. Please include your full name, NRIC number, address and contact number with your donation.

Your cheque should be crossed and made payable to **SOCIETY OF SHENG HONG WELFARE SERVICES**

For online donation, please visit [www.sggives.org/sshws](http://www.sggives.org/sshws)

