

## CAL Newsletter 2021 Issue #04

### Am I a caregiver?



This is a question that people rarely ask themselves, even those who spend a large portion of their day-to-day lives caring for a loved one with a mental health condition. Many do not view themselves as caregivers, but rather a family member, friend or colleague who is there to help.

As the topic of caregiver support becomes more widely discussed, it is important that caregivers first recognise that they are caregivers, and that help is available.

In order to promote more awareness amongst caregivers and boost mental health literacy, CAL has started sharing information pertaining to mental health. Do follow us, like our posts, and share them so that your network can learn about them too. It is only with more public education that we can reduce the stigma around mental health issues, and encourage those who need help to seek it.



### Recent Events



#### TIC awareness talk to NAFA

On 7 July 2021, CAL conducted a 1-hr Trauma-informed-Care (TIC) Awareness talk to 31 participants from Nanyang Academy of Fine Arts. Keen to introduce the topic of TIC to your organisation or community?

[Enquire with us now!](#)



#### Outreach to MUIS Senior Befrienders Caregivers Programme

On 10 July 2021, CAL delivered a 2-hr talk to over 50 participants from the Senior Befrienders Caregivers Programme at the Islamic Religious Council of Singapore, more commonly known as MUIS (Majlis Ugama Islam Singapore). The first hour touched on the Basic Understanding of Mental health, and was followed by an overview of CAL's Caregivers-to-Caregivers Training programmes. Keen to improve mental health literacy among your community?

[Engage with us now!](#)

Fireside Chat with Mr Jackie Tay

## An Overview of Wellness Recovery Action Planning® (WRAP®)



22 July 2021  
Thursday



Online via zoom  
Details will be emailed  
to participants by  
16 July 2021, Friday



7pm - 8.30pm  
Including Q&A



Mr Jackie Tay  
Executive Director  
PSALT Care Limited



### Fireside Chat #03: An Overview of Wellness Recovery Action Planning® (WRAP®)

In the third instalment of our Fireside Chat series, Mr Jackie Tay, Executive Director of PSALT Care Limited introduced the key principles of Wellness Recovery Action Plan® (WRAP®) to 122 participants. WRAP® is a technique that is useful in any situation/condition. It is a process that provides tools to create action plans towards the life that we want, and teaches us how to put them into practice.

[Read More](#)

### 9th Singapore Patient Conference - Let's CHAT! A Journey of Care Talk Show

In the 1-hour Facebook Livestream, Ms Karen Poh (Caregiver and Volunteer Manager, Caregivers Alliance Limited) and Mr Nicholas Sim (Caregiver and Singapore Patient Action Awards 2020 Recipient) shared about how they became caregivers, what difficulties they faced along the way, and how they managed to find joy in caregiving.

[Read More](#)

## Fireside Chat with Dr Adriana Banozic

### Cognitive-Behavioural Approaches in Managing Pain



31 August 2021, Tuesday  
7.00pm - 8.30pm  
Including Q&A Session



Online via zoom  
Details will be emailed to participants  
by 24 August 2021, Tuesday



Dr Adriana Banozic  
Trained Psychologist  
and Neuroscientist

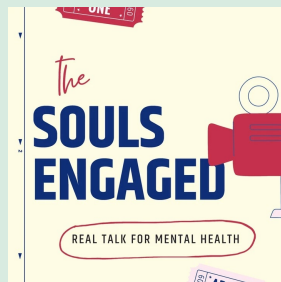


## Fireside Chat #04: Cognitive-Behavioural Approaches in Managing Pain

The fourth instalment of our Fireside Chat series featured Dr Adriana Banozic, a trained psychologist and neuroscientist, where she spoke about the goals of cognitive behavioural therapy (CBT) in pain management. In the 1.5 hr session, Dr Adriana also taught the participants practical skills that they could use to better cope with pain in their daily lives.

[Read More](#)

[Subscribe to our telegram channel now!](#)



## From C2C Participants to Student Podcasters - SUSS Cares Podcast on Mental Health & Caregiving

Check out the Souls Engaged podcast - created by 3 young caregivers who attended CAL's C2C-Young Caregivers Programme. They were inspired to create a platform to connect and engage Singapore youths and young adults, where the sensitive yet highly important topics of mental health, caregiving and recovery could be openly discussed.

[Listen Now](#)

## CAL in the Spotlight



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Caregiver Stories



## Lessons I learnt from my caregiving journey by Daniel, Graduate, Caregivers-to-Caregivers Programme

A father recounts the confusion of dealing with his daughter's behavioural changes, and the valuable lessons

he learnt along the way.

[Read More](#)

## Register for our Programmes



*c2c - PMHI*

Join our C2C online training programme now to understand your loved one's condition better, and learn to become a more resilient caregiver!



*c2c - YCG*

Are you a young caregiver? Or interested in becoming a peer caregiver? Indicate your interest and we will contact you once the class schedule is confirmed. (Age criteria: 15 to 35 years old)



*c2c - Dementia*

Join our Dementia C2C Training Programme. Caregivers of Persons with Dementia are welcome to register for this 8-session training programme.



Sign up for our Trauma Informed Care (TIC) Workshop for Parents and Caregivers, and learn how to integrate trauma informed care into your interactions with children and youths.



Sign up here!

## Upcoming Events



**IMPORTANCE OF SELF-CARE**  
CAREGIVER STRESS AND BURNOUT

Join us for a virtual mental health talk to gain insights to mental health issues and the **importance of self-care** while caring for one's affected family member. Learn more about the availability of caregiver resources in the community as you continue to support your loved ones.

**25th October 2021, Saturday**  
10:00am - 11:00am  
Via Zoom

Registration  
Register for this workshop by scanning the QR code, or visit <https://cpg.gov.sg/traumainformedtalk>

### CAL-Choa Chu Kang CC: Trauma-Informed Care Talk

In this joint partnership with Choa Chu Kang Community Centre, we will introduce you to the topic of trauma - what it entails, its prevalence in Singapore, and how trauma can be caused by an event like the COVID-19 pandemic

*Note: this talk is open to public*

**Date: 25 September 2021 (Saturday)**  
**Time: 10am - 11am**  
**Venue: Online via Zoom**

Register Now



**Importance of Self-Care, Caregiver Stress and Burnout**

Caring is a journey filled with ups and downs and many at times as caregivers, our emotional state depends on our loved ones' physical/mental well-being and the behaviours that they exhibit. We get so absorbed in the caregiving duties that we neglect our own needs and continue to tend to our loved ones. In the long run, this does not just affect our health but will also impact our ability to continue caregiving.

If you or your family member is a caregiver and you would like to learn more on the importance of self-care, caregiving stress and burnout, do register for this workshop by clicking [here](#). Registration closes on 20th September 2021. The workshop will be conducted by **Ms. Kathleen Chua, Community Outreach Manager at Carers Alliance Family Aid** and is a caregiver herself.

**Date: 9 Oct 21**  
**Time: 10am - 11am**  
**Venue: Online (Via Zoom, details will be sent to participants closer to date)**

**Workshop Highlights**

- Prevalence of Mental Health Issues in Singapore
- Understanding Caregivers Stress
- Recognising emotional journey
- Coping strategy
- Assessment Programme for caregivers

Co-organized by  
carers alliance

Please check out SUN-DAC's social by clicking on the icons. Like, share or subscribe for regular content and updates.

### CAL-SUN-DAC: Importance of Self Care Talk

In this 1-hr talk jointly organised by SUN-DAC and CAL, you will learn about the prevalence of mental health issues in Singapore & why self-care is important especially for caregivers

*Note: this talk is open to public*

**Date: 9 October 2021 (Saturday)**  
**Time: 10am - 11am**  
**Venue: Online via Zoom**

Register Now



**TRAUMA INFORMED CARE TALK**  
FOR PARENTS AND CAREGIVERS

Sometimes as parents and caregivers, we find ourselves frustrated and clueless. Why is my child behaving this way? Why is it that whatever I've been trying doesn't seem to work? Sometimes when our loved ones have experienced trauma, it's hard for us to understand why they are acting in a certain way. Research shows the impact that a supportive parent/caregiver relationship can have on mitigating the effects of trauma. And we want to help everyone gain the ability to support our loved ones better by understanding the impact of trauma in your child's world, partner, and yourself.

**25 September 2021, Saturday**  
10:00am - 11:00am  
Via Zoom

Registration  
Register for this workshop by scanning the QR code, or visit <https://cpg.gov.sg/traumainformedtalk>

### CAL-Choa Chu Kang CC: Importance of Self Care Talk

Join Choa Chu Kang CC and CAL in this 1-hr virtual mental health talk to gain insights to mental health issues and the importance of self-care while caring for one's affected family member

*Note: this talk is open to public*

**Date: 23 October 2021 (Saturday)**  
**Time: 10am - 11am**  
**Venue: Online via Zoom**

Register Now

## 首次与照顾者和康复者的中文炉边谈话 支持亲人康复的力量



2021年9月29日, 星期三  
晚上7pm至8.30pm  
包括问答环节



网络Zoom  
详情将于2021年9月23日(星期四)  
前通过电子邮件发给所有报名者



### 专题讨论者



### Fireside Chat: Strength in Supporting A Loved One in Recovery |

Zoom 2021923() <https://www.cal.org.sg/post/fireside-chat-c-01-strength-in-supporting-a-loved-one-in-recovery>

Join our panel of caregivers and persons-in-recovery at CAL's first Chinese-

language Fireside Chat. Hear both sides of the story as they recall the highs and lows that they have experienced on their individual journeys, how they have learnt to cope and what they hope for the future.

Zoom details will be emailed to all participants by 23 September 2021, Thursday.

For more information, visit <https://www.cal.org.sg/post/fireside-chat-c-01-strength-in-supporting-a-loved-one-in-recovery>

| [Register](#)



## Support Us

Help us to support families and caregivers of persons with mental health issues by making a donation.

[Donate >](#)

## Follow us on our social media channels below!

Join our telegram channel to tune in to CAL's latest news and updates.

[Join Telegram >](#)



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