



caregivers alliance
limited

Caregivers-to-Caregivers Training Programme (C2C)

Are you a Caregiver?

Persons with Mental Health Issues | Dementia
Young Caregivers | Eating Disorders
Understand your loved one and be a better caregiver!



In a CAL-Milieu study conducted in July 2022, **1 in 2** caregivers reported feeling stressed 'most of the time'.

A caregiver does not always need to be a family member living in the same household. If you care about the well-being of someone with a mental health condition, be it [a family member, a relative, a friend, a partner, a neighbour or a colleague](#), and if you are supporting them emotionally, physically, and/or financially, [you are a caregiver](#).

Our [fully-funded Caregivers-to-Caregivers \(C2C\) Training Programmes](#) will help you gain knowledge about mental health conditions and self-care to cope better and avoid caregiver burnout. By the end of the programme, you will improve your problem-solving and communication skills and find support with other caregivers, equipping you to provide the best quality of life for your loved one as you walk the journey together.

The workshop-style format includes experiential sharing by the participants, and training is conducted by CAL staff and volunteer trainers who are caregivers. We run over 100 classes per year, both online and in-person. To date, [over 10,000 caregivers](#) have been equipped and supported by our programmes.



Caring for Someone with a Mental Health Issue

The 12-week C2C programme for Persons with Mental Health Issues (PMHI) is CAL's signature training programme. It aims to provide caregivers with an in-depth understanding of mental health conditions, and to enable them to better care for their loved ones through learning about self-care, communication, resilience-building, advocacy and access to community resources.

This is a **12-session** programme of **2.5 hours** per session.

What will I learn?

1. Holistic View of Mental Health & Caregiving
2. Mental Health Crisis Intervention & Management
3. Mental Health Conditions
4. The Brain & Medication
5. Problem-Solving Framework
6. Practising Empathy
7. Effective Communication
8. Mental Health Recovery & Resilience
9. Mental Health Rehabilitation
10. The Importance of Self-Care
11. Stigma & Mental Health Advocacy
12. Graduation

I attended C2C-PMHI and it changed my relationship with my daughter. You have to understand your loved one's world. Go inside it. Through your support and empathy, it will build trust and confidence in your loved one.



Prashant Pundrik

Caregiver to daughter with major depression

Caring for a Loved One with Dementia

Dementia is an issue that affects the brain's ability to function. For a person developing dementia, identifying the signs early can make a positive difference to them and to their family.

This is a **8-session** programme of **2 hours** per session.

What will I learn?

1. Introduction to Dementia
2. Understanding Dementia
3. The Brain and Treatment
4. Empathy and Compassion
5. Communication
6. Self-Care
7. Home Care for Persons with Dementia
8. Graduation

I wish to give my best for my loved ones because they are my strength. I believe that by establishing an open platform for sharing, it would help to foster a community of empathy and understanding.

Cityruth Cocoanna Christian
Caregiver to father-in-law with dementia



Young Caregivers

(Age criteria: 15 - 35 years old)

Young Caregivers are youth and young adults who provide care for a family member or friend with a mental health issue. They could also be peer supporters to their classmates.

This is a **8-session** programme of **2 hours** per session.

What will I learn?

1. Holistic View of Mental Health & Caregiving
2. Common Mental Health Conditions
3. Problem Solving Framework
4. Practice of Empathy
5. Effective Communication
6. Mental Health Recovery & Resilience
7. The Importance of Self-Care
8. Graduation



The journey is not always smooth sailing, there will be ups and downs. Some days there will be rough patches and your role is to just be there as a listening ear. I joined C2C because I wanted to build on my knowledge to better care for my friend. I hope C2C is carried out for many years to come as it'll help to build a safer environment in our school.

Muhammad Danial Bin Asri
Caregiver to friend with depression

Caring for a Loved One with an Eating Disorder

The Caregivers-to-Caregivers Eating Disorder (C2C-ED) Training Programme has been adapted from our core C2C-PMHI curriculum and developed in collaboration with KK Women's & Children's Hospital, one of the leading hospitals in Singapore.

The curriculum covers various eating disorder conditions like anorexia, bulimia nervosa and binge eating disorders including related mental health conditions of depression, anxiety and OCD. The workshop-style format includes experiential sharing by the participants and guest speakers which are highlights of this program.

This is a **12-session** programme of **2.5 hours** per session.

What will I learn?

1. Introduction to Eating Disorders
2. Mental Health Crisis Intervention & Management
3. Mental Health Conditions
4. The Brain & Medication
5. Problem-Solving Framework
6. Practising Empathy
7. Effective Communication
8. Mental Health Recovery & Resilience
9. Mental Health Rehabilitation
10. The Importance of Self-Care
11. Stigma & Mental Health Advocacy
12. Graduation

Initially, I felt lost as I had little knowledge about eating disorders. Thanks to the stories and encouragement of my C2C classmates and their loved ones, I'm better able to walk the recovery journey with my friend.

Denise Soon Yi
Caregiver to friend with eating disorder



Engagement to Empowerment (E2E)

The Engagement to Empowerment (E2E) Team partners with People's Association (PA) and National Council of Social Service (NCSS) to form community-based caregiver support groups. Currently these groups are located in Nee Soon East, Fengshan, Bukit Gombak, Hong Kah North, Henderson-Dawson, Tampines, Toa Payoh West-Thomson, Eunos, Chong Pang, Kampong Chai Chee and Boon Lay.

If you are a graduate of CAL's C2C Training Programme and wish to journey with fellow caregivers staying near you, contact the E2E team at e2e@cal.org.sg.

Support group meetings are **held once a month over the course of a year**.

What will I learn?

First 5 Topics

1. Purpose of a Support Group
2. Understanding & Managing your Emotions
3. Caregiver Burnout & Suicide Ideation
4. Building Resilience
5. Meaningful & Purposeful Life



Connect with CAL today!

Register online at www.cal.org.sg/c2c or scan the QR code. You may also call us at **6460 4400**.

Caregivers Alliance Limited (CAL) is the only non-profit organisation in Singapore dedicated to meeting the needs of caregivers of persons with mental health issues and dementia.

Our Awards

- Champion for Business For Good, in Brands For Good 2024
- People's Association Community Spirit Award (PACS) 2024
- Charity Transparency Awards 2022
- President's Volunteerism & Philanthropy Awards 2021 (PVPA)
- Charity Governance Awards 2019
- Charity Transparency Awards 2019
- Outstanding Award - Wofoo Asian Award for Advancing Family Well Being 2014 (Shanghai)

CAL is an Institution of a Public Character (IPC). This IPC status indicates that CAL is exclusively non-profit in nature, and that donors are able to claim 2.5 times the amount of their donations in tax relief.



Scan here to sign up for C2C



CAL Head Office

491-B River Valley Road, #04-04
Valley Point Office Tower, Singapore 248373
Email: general@cal.org.sg (Main)
e2e@cal.org.sg (E2E Team)
emailcentral@cal.org.sg (Central Cluster)
emailwest@cal.org.sg (West Cluster)
emaileast@cal.org.sg (East Cluster)

Tel: 6460 4400

Caregivers Support Centre (CSC)

Institute of Mental Health (Block 1 Lobby),
Buangkok Green Medical Park
10 Buangkok View, Singapore 539747
Email: emailcentral@cal.org.sg
IMH CSC Helpline: 6388 2686 / 6388 8631

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

Rosalyn Carter



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