



Happy mid-year!

For those with children in the family, June is a time of activity with a full month of school holidays to enjoy. Given the number of families taking the chance for an overseas trip, the causeway to Malaysia is packed, as is Singapore's Changi Airport! The long queues are a reminder that while Singapore faces an ageing population, the youth still form a significant portion of society.

Recognising this, CAL has been finding ways to reach out to the youth, many of whom are caregivers or caregivers-to-be. We are proud to have partnered with Youth Corps Singapore earlier this month to hold an event at The Red Box which helped facilitate conversations between young caregivers and other youth. Through teaching Singapore's youth about mental health conditions and preparing them to be strong in the face of challenges, we hope to raise a generation of resilient caregivers who are not only better able to handle life's stresses, but are able to be pillars of support to others too.

CAL will also be holding A Walk in the Park, an engagement event for caregivers on 27 July. It will feature fun activities at Gardens by the Bay, and will be a chance to meet new friends while enjoying time outdoors. Do join us for the event (read below), or come help out as a volunteer! Volunteering details can be found [here](#).

Caregivers Alliance Limited
28 June 2019

Join us:



CAREGIVER STORIES



Having His Hands Full for Mental Health

Read about Han Rong, a caregiver to his girlfriend with bipolar disorder. Although he knew very little about mental health to begin with, he was accepting of her condition and open to helping her in her recovery. He has now become a mental health advocate through sharing his experiences and encouraging others as a volunteer C2C Trainer ... [\[read more\]](#)

NEWS AND ANNOUNCEMENTS



"Journeys of Caregiving" brings Mental Health Conversations to Youth

On 3 June 2019, a group of young caregivers from CAL were invited to share their caregiving journeys to youths aged between 18 and 35 at the headquarters of Youth Corps Singapore (YCS) at The Red Box. This event, titled "Journeys of Caregiving", aimed to facilitate mental health conversations among youths and to advocate against mental health stigma [\[read more\]](#)



Hossan Leong Pledges To Support CAL At Latest Show

Being a staunch supporter of CAL, Hossan Leong has generously arranged to donate a portion of the ticket sales proceeds from his latest show. Please support him as he celebrates his birthday in an event that features songs and comedy performances which celebrate Singaporean culture and identity. ... [\[read more\]](#)

UPCOMING EVENTS



A Walk in the Park

Need a breather? Join us for A Walk in the Park, an event at Gardens by the Bay that will feature fun and therapeutic activities such as Human Bingo, Treasure Hunt (nature appreciation walk), and creating a gratitude journal. Take an evening out to appreciate nature and bond with your family members and caregivers alike! ... [\[read more\]](#)

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