

# Strengthening families, Building communities

Professional social services you can trust



Fei Yue was established in 1991 with the mission to help effect life transformation through the services we provide. As a social service agency, we work closely with various communities, corporate and governmental agencies to provide a wide array of services to help individuals of all ages. Our services range from counselling to providing various assistance schemes and support platforms. We are supported by the Ministry of Social and Family Development, Ministry of Health and the National Council of Social Service, as well as our donors and volunteers.

Learn more here:



fycs.org

Connect with us:



@FeiYueCommunityServices



@feiyue.sg

Did you know that there are at least 5 different ways each of us may experience love? Forge stronger bonds with your loved ones by speaking the love languages they are most attuned to.

## The 5 Love Languages



1

### Words of Affirmation

Tell me the things you love about me, as it makes me feel treasured.

2

### Acts of Service

Show me your love by helping me in big and small ways, as your partnership lifts my spirit.

3

### Quality Time

Set aside some of your precious time for me, as I feel loved when we spend time together.

4

### Gifts

A simple gift can make me happy, as it shows that I'm on your mind even when we're apart.

5

### Physical Touch

Your physical affection meets needs that I can barely express in words.

Chapman, G. (2015). *5 Love Languages*.

For more useful tips on building a healthy marriage and happy family, follow us on @FamilyCentralSG



Family Central is an initiative by Fei Yue Community Services, and offers a comprehensive range of research-backed family life workshops and activities that help build stronger families. Key areas include: spousal and parent-child relationships, family bonding, personal wellness and elder education.



Family Bonding



Positive Parenting



Happy Marriages



Divorce Support

Attain your marriage and family life goals with our enriching programmes.

Learn more here:



family-central.sg

Connect with us:



@FamilyCentralSG



@family\_central\_sg

Reach out to us:

Tel : 6734 1401

Email : familycentral@fycs.org



## Family Support

### Marriage and Parenting



Equipping couples and parents with knowledge, skills and confidence to nurture positive marital and family relationships through workshops and customised consultations.

Tel : 6734 1401

Email : FamilySupport@fyics.org

### Family Life Education



Strengthening interpersonal relationships within families through programmes that equip family members with insights on emotion management, communication, personal growth and collaborative problem-solving.

Tel : 6734 1401

Email : familycentral@fyics.org

### Divorce Support Services – Healing Hearts @Fei Yue



Helping parents who are seeking divorce make informed decisions that prioritise their children's interest and promote positive co-parenting, while providing support for their children caught in between.

Tel : 6235 5229

Email : enq\_healinghearts@fyics.org

## Children

### Adoption Services



Providing child matching and counselling support to birthmoms with unplanned pregnancies and adoptive families. Accredited by the Ministry of Social and Family Development (MSF) to conduct Home Study Report assessments.

Tel : 6416 2188

Email : adoption@fyics.org

### Children Protection Specialist Centre – Heart @Fei Yue



Quality home-based services and support to families and children who face abuse or neglect at home.

Tel : 6819 9170

Email : heartadmin@fyics.org

### Early Intervention Programme for Infants and Children (EIPIC)



Providing educational and therapy support services for young children with special needs to equip them with the necessary skills to develop their fullest potential. Our programme caters to children aged 0-6 years 11 months, who have been diagnosed with a variety of developmental needs or other rare genetic syndromes.

Tel : 6565 6260

Email : admin@fyics.org

## Youth

### Project 180 Simei



Provision of school talks and workshops to help youths aged 12-19 years build social and emotional competencies.

Tel : 6787 1125

Email : youthprogrammes@fyics.org

### Bukit Batok (Integrated Service Provider)

Supporting at-risk youths and young offenders in the Bukit Batok, Choa Chu Kang and Bukit Panjang regions, through a suite of MSF funded programmes.

Tel : 6331 9100

Email : ISP@fyics.org

### Youth Go! Programme



Enabling at-risk youths aged 12-21 years to stay crime-free and develop resilience by befriending them through street outreach efforts.

Tel : 6762 2779 (Fajar Road)

Email : youthgo@fyics.org

## Seniors

### Eldercare Services



Offering a wide variety of programmes to promote lifelong learning, healthy living, social networking and inter-generational bonding.

Tel : 6593 6456 (Family Central Centre @Tiong Bahru)

Email : activeageing@fyics.org

## Community

### Community Mental Health



Project IRENE (Integrated Resource Network) is a centre-based programme at Fei Yue Retirees Centre which helps seniors keep physically active and cognitively stimulated through social activities that help combat the onset of mental illness.

Tel : 6769 6981

Email : irene@fyics.org

Community Resource Engagement and Support Team (CREST) is a community-based programme which serves as a safety net for seniors who are at risk of or have mental illnesses, and ensures a continuum of care by supporting their basic social and health needs.

Tel : 6661 9488 (Choa Chu Kang)

Email : crest@fyics.org

### Family Service Centres



Learn how to address various family life challenges with our professional counsellors and social workers.

Tel : 6569 0381 (Bukit Batok)

Email : enquiry\_FeiYueBBFSC@fyics.org

Tel : 6690 1000 (Champions Way)

Email : enquiry\_FeiYueCWFSC@fyics.org

Tel : 6762 5215 (Choa Chu Kang)

Email : enquiry\_FeiYueCCKFSC@fyics.org

Tel : 6267 2900 (Taman Jurong)

Email : enquiry\_FeiYueTJFST@fyics.org

Tel : 6416 2162 (Yew Tee)

Email : enquiry\_FeiYueYTFSC@fyics.org