



Building Stronger Communities, *Together*

Parents, You Are Invited!

Register For Our Free Webinars Now

Join us as we share tips on parenting your pre-schoolers, children and teens

Visit link below for more Information & Registration!



MONTHLY HIGHLIGHT

Parents Plus Programmes - Building mental resilience & stronger parent-child relationships.

Filos' ParentsPlus workshops target parents with children in the following age groups (Early Years: 1 - 6 years old, Children: 7 - 12 years old & Adolescents: 13 -16 years old).

As children go through different stages of life and experience significant transitions, parents will also need to adapt to the various challenges their children face. Boundaries may be tested, and there will be differences in viewpoints between the parent and child. It is important to ensure that your child feels understood, as this will enable them to forge mental resilience & create a stronger relationship with their parents.

If you are a parent to children in the aforementioned age groups, we highly encourage you to join us in the upcoming conversations on these issues.

The complimentary webinars will be held across Saturday afternoons in March & April. Sessions will be facilitated by professionals, including family life educators and counsellors. Visit <https://linktr.ee/filosCS> to find out more and to register for the sessions!



PROGRAMME HIGHLIGHTS

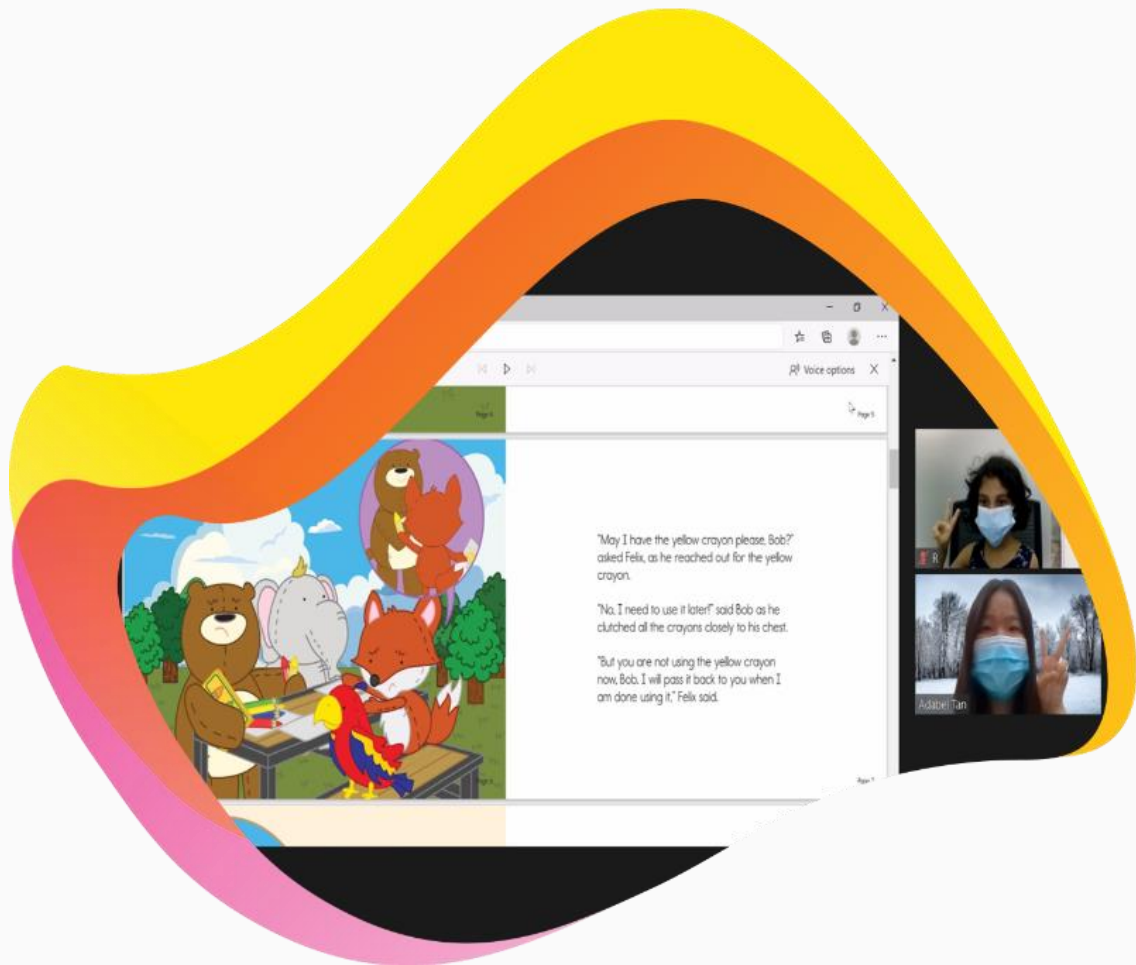
Grandmother Tales

In December 2020, a virtual workshop called “**Telling Stories with Confidence**” was introduced to a group of 10 seniors, aiming to enhance their mental wellness.

The 6 sessions covered a myriad of topics and activities that allowed the seniors to tell their stories and interact with one another. At one of the sessions, traditional songs were used - it sparked a heart-warming round of sharing of memories from the past for the seniors.

The seniors were also able to hone their IT skills, learning how to go into breakout rooms and even wanting to learn more about how to change their virtual backgrounds and responding with virtual reactions!

If you are keen to share your talent with our seniors or find out more about how you can contribute to their well-being, do drop an email to info@filos.sg.



PROGRAMME HIGHLIGHTS

The Reading Room

'The journey of a lifetime begins with the turning of a page,'

Rachel Anders

The Reading Room is the latest programme that Filos has launched in January 2021 to encourage children to read more and to build up their command of English at an early age. Held weekly on Fridays from 3pm to 3.30pm over Zoom, volunteer readers spend time reading with kids from pre-school to primary school age. We encourage parents to join in as

well, so it becomes an enriching family activity that not only improves the literacy skills of kids but builds family bonds as well.

The Reading Room is looking for volunteers. As Dr Suess says – ‘you are never too old, too wacky too wild, to pick up a book and read to a child.’ If you are interested to help, write into volunteer@filos.sg now!



STORY OF THE MONTH

Meet Deborah, our intern

Deborah joined us on 2nd December 2020 as an intern with the Community Engagement department of Filos. Over the 6 weeks that she was with us, she contributed to some of the Marketing and Communications operations such as the writing of newsletter stories and drafting of social media posts. She also assisted in some of the processes in volunteer management, such as interviewing and onboarding new volunteers. Deborah is currently

doing a Social Work degree from the National University of Singapore. She shares about her experience with us

Click "Read More" to see the full story.

[Read More](#)

VOLUNTEERING OPPORTUNITIES

Make a difference in someone's life and volunteer with us today!

If you are thinking of ways to give back to the community beyond making a donation, the next step could be to share your skills or time for a great cause!

Check out the various volunteering opportunities at Filos and within Bedok Town below!

"We make a living by what we get, we make a life by what we give."

- Winston Churchill



Filos Community Services

1. Eldercare

Regular

- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [Malay Speaking Befrienders for More Than Friends \(MTF\) Befriending](#)
- [Malay Speaking Befrienders for Community Befriending Programme \(CBP\)](#)
- [Happy Programme \(Activity Facilitator\)](#)
- [Green spot Activity Centre Volunteer Facilitator](#)

- [Phonics Teacher](#)

Bedok Town

1. Eldercare

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)
- [NTUC Health \(Fengshan\) - Activity Coordinator/Facilitator](#)
- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)

Regular

- [Goodlife! Bedok - Phone Befriender](#)
- [THKMC CS - Bedok CAN Carer](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender/Activity Coordinator](#)
- [NTUC Health Senior Day Care Centres - Befriender](#)

2. Persons with Disability

Ad-hoc

- [THK Home for The Disabled @ Eunos - Virtual Activity Coordinator/Facilitator](#)
- [MINDS - Virtual Activity Coordinator](#)

Regular

- [MINDS - Me Too! Club, Art & Craft](#)
- [MINDS - Me Too! Club Excursion](#)
- [MINDS - Me Too! Club Trek](#)

[Volunteer with Us Today!](#)

DONATE

Giving Hope to the Community through Giving

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)



About Filos

Filos Community Services is a not-for-profit social service organization. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Get the latest updates on our different platforms via this link: <https://linktr.ee/filosCS>



Or scan the QR code above for more details!

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