



Care Corner Singapore Ltd

Families Support Services

Blk 786B Woodlands Dr 60 #01-97

Singapore 732786

Tel: 6978 4090 | Email: ffl@carecorner.org.sg

Ref: P2-6/01-2025

Dear Parents and Guardians,

Introduction to Care Corner Families for Life and Our Programmes

Warmest greetings from Care Corner Families for Life! As we embark on a new year, we wish you and your family peace, good health, and a rewarding parenting journey ahead.

Care Corner is appointed by the Ministry of Social and Family Development (MSF) as the designated parenting support provider for your child's school.

We are pleased to offer free, evidence-based parenting programmes, including the Positive Parenting Programme (Triple P) and other supportive initiatives, to parents in the Woodlands/Sembawang and Pasir Ris/Punggol/Tampines regions. In 2024, nearly 1,000 parents benefited from attending one or more of our programmes.

Our programmes are available in two formats: one-to-one coaching and group sessions. Whether you are looking to strengthen your relationship with your child or seeking effective strategies to address parenting challenges, we are here to support you every step of the way.

Throughout the year, we will be offering a series of online seminars. Details for registration will be shared via Parents Gateway in due course.

Please mark your calendar for the following upcoming seminars. Registration details will be available closer to the seminar dates through Parents Gateway.

Upcoming Seminar Series in April:

We encourage parents to attend all three sessions of our seminar series, as each session covers a unique and important topic. Please note that registration is limited to one time slot per parent for the entire series.

1. The Power of Positive Parenting

Date: 7 April 2025

Session Time: [Choose 1]

- a. Morning: 7.30am – 9.00am

Sign up link: <https://go.gov.sg/triplep-7-21apr25>

Scan QR code



<https://go.gov.sg/triplep-7-21apr25>

- b. Afternoon: 12.00pm – 1.30pm

Sign up link: <https://go.gov.sg/triplep-7-21apr-pm>

Scan QR code



<https://go.gov.sg/triplep-7-21apr-pm>

- c. Evening: 7.30pm – 9.00pm

Sign up link: <https://go.gov.sg/triplep-7-21apr-pm2>

Scan QR code



<https://go.gov.sg/triplep-7-21apr-pm>

2. Raising Confident and Competent Children

Date: 14 April 2025

Session Time: [Choose 1]

- a. Morning: 7.30am – 9.00am
- b. Afternoon: 12.00pm – 1.30pm
- c. Evening: 7.30pm – 9.00pm

3. Raising Resilient Children

Date: 21 April 2025

Session Time: [Choose 1]

- a. Morning: 7.30am – 9.00am
- b. Afternoon: 12.00pm – 1.30pm



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c. Evening: 7.30pm – 9.00pm

We also have additional seminars planned throughout the year. Keep an eye out for announcements via Parents Gateway.

We look forward to supporting you in your parenting journey!

Parenting Clinic: One-to-One Consultation

Our Parenting Clinic provides a one-stop solution for parents seeking guidance on parenting concerns, enhancing parent-child relationships, or improving communication. This free service offers personalized support through four virtual one-to-one sessions, each lasting approximately 45 minutes.

Session Overview:

- **Session 1:** Understanding the parent's concerns and the child's behavior
- **Session 2:** Setting goals for change and developing a parenting plan
- **Session 3:** Review and fine-tuning of the parenting plan implementation
- **Session 4:** Final review and monitoring

For more information, please watch this introductory video: <https://youtu.be/0uVTF1qiKDg>

To register, please click here: <https://forms.office.com/r/VXM6gkAMgM>

Topical Talks

Our Topical Talks aim to strengthen parent-child bonding, promote well-being, and encourage positive child and teen development. These free talks are conducted virtually and last for one hour.

Upcoming Topical Talk:

- **Topic:** Parenting in the Digital Age
- **Date:** 8 March 2025
- **Time:** 9:30 AM to 10:30 AM

To register, please click this link or scan the QR Code:

<https://go.gov.sg/digitalage-pri>



<https://go.gov.sg/digitalage-pri>

For more information about our programmes and services, please contact us at ffl@carecorner.org.sg or 6978 4090.

Thank you.

Rooting for you,
Care Corner Families For Life
Care Corner Singapore Ltd
Facebook & Instagram: @carecornersg
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