

## Contact us

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## Operating Hours

Monday – Friday: 9 am – 6 pm

Closed on Saturdays, Sundays & Public Holidays



### MontfortCare

We are a network of programmes committed to improve the lives of individuals, families and the community facing transitional challenges  
[www.montfortcare.org.sg](http://www.montfortcare.org.sg)

Eldercare Services

**Goodlife!**

Family Services

Marine Parade | FAMILY SERVICE CENTRE

@27 | FAMILY SERVICE CENTRE

Kreta Ayer | FAMILY SERVICES

Specialised Services

Big Love | CHILD PROTECTION SPECIALIST CENTRE | yah!

Marine Parade | FAMILY SERVICE CENTRE

A Programme by MontfortCare

## Community Clinical Support Services

Counselling • Psychotherapy • Coaching

*An extended service of Marine Parade Family Service Centre*



## Our Philosophy

To provide the highest quality of therapeutic services to support individuals, couples and families in leading resourceful and fulfilling lives.

We serve both local and expatriate communities.

## Our Approaches

- Drama Therapy
- Inner child work
- Bilateral processing
- Mindfulness processing
- Neurosensory processing
- Trauma Focused Psychotherapy (CBT)
- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)



## Our programmes and services:

### Counselling & Psychotherapy

- Individual (Child / Adolescent / Adult)
- Individuals with learning disabilities
- Family and Marital Therapy
- Couple Therapy
- Marriage preparation
- Life Coaching
- Motivational Coaching

### Group Work

- Emotional Literacy for children, youth and adults
- Emotional Resilience for children, youth and parents
- Emotional Regulation skills for effective daily functioning
- Mindful parenting

### Community Education Programme

- Talks and workshops for schools
- Lunchtime talks

*Topics include:*

- ✓ Stress Relievers
- ✓ Emotional Literacy
- ✓ Emotional Resilience
- ✓ Emotional Regulation

### Employee Assistance Programme (EAP)

*(please contact us for more information)*

*\*EAP is a professional and confidential programme that assists employees with personal and/or work-related problems that may impact their job performance, health, mental and emotional well-being.*

- Counselling
- Executive Coaching
- Life Skills Coaching
- Psychological Assessment

