

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

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

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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

