



Ref: S1/01-2025

Dear Parents and Guardians,

Introduction to Care Corner Families for Life and Our Programmes

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

Care Corner is appointed by the Ministry of Social and Family Development (MSF) to be the parenting support provider for your child's school. We offer **free evidence-based parenting programmes** such as the Positive Parenting Programme (Triple P) and other parenting programmes to parents in the Woodlands/Sembawang, and Pasir Ris/Punggol/Tampines regions. In 2024, about 1000 parents had attended and benefited from one or more of our parenting programmes.

Our programmes are delivered in two modalities – one-to-one coaching and group sessions.

We are here to support your parenting journey - whether you are looking to strengthen your relationship with your child or are seeking to be equipped with strategies to help manage parenting issues you are facing.

As your child transits to secondary school, he or she may experience a mix bag of emotions such as excitement and anxiety.

We have organised a series of on-line transition seminars to share parenting strategies to support your child who may be facing stress of transiting to a new school environment and coping with pubertal changes. We strongly encourage you to register.

Common parenting issues

- Homework
- Emotional behaviors
- Following instructions
- Excessive device use
- Peer problems
- Self-esteem
- Lying
- Parent-child relationship

Triple P Seminars Supporting Your Child's Transition to Secondary School

Fridays, 7.30pm to 9.00pm

10 Jan – Raising Responsible Teenagers
17 Jan – Raising Competent Teenagers
24 Jan – Getting Teenagers Connected

Registration link: <https://go.gov.sg/triplep-transition2025>

OR scan here to register:



Care Corner Singapore Ltd

Families Support Services

Blk 786B Woodlands Dr 60 #01-97

Singapore 732786

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



We have other seminars lined up throughout the year too. Do look out for announcements through Parents Gateway in due time.

Parenting Clinic One to One Consultation

Parenting Clinic will serve as a one-stop avenue for parents to consult with us regarding any parenting concerns or wanting to enhance parent/child relationship or even improving communication. This clinic is free and will be conducted 1-to-1 virtually with our trainer over 4 sessions of about 45 mins each.

- Session 1 – Understanding parent's concerns and child's behaviour
- Session 2 – Setting goals for change and developing a parenting plan
- Session 3 – Parenting plan implementation review & fine tuning
- Session 4 – Review and monitoring

Kindly watch this video for your reference: <https://youtu.be/0uVTF1qiKDg>

Registration: <https://forms.office.com/r/JrwqikcUK9>

Topical Talks

Topical talks promote strong parent-child bonding, well-being, positive behaviours, healthy child/teen development, etc. It is free and will be conducted virtually over 1 session of 1 hour. Kindly note our upcoming Topical Talk, and keep a look out for the registration details in Parent Gateway:

Topical Talk

Saturday, 9.30am to 10.30am

22 March 2025 – Parenting in Digital Age

Parenting Resources

Parents are encouraged to join Sembawang/Woodlands Telegram Group to get updates of programmes that support family bonding opportunities/learning and peer support. Kindly click the link below or scan the QR code below to join the group:

Woodlands/Sembawang Telegram Groups

<http://go.gov.sg/ptg-sw>



Available resources for parenting tips, articles, and videos are also available in Families For Life Parenting (FFLP) website. Please scan the QR code to access the resources:

<https://go.gov.sg/fflparenting>



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](#)

www.carecorner.org.sg