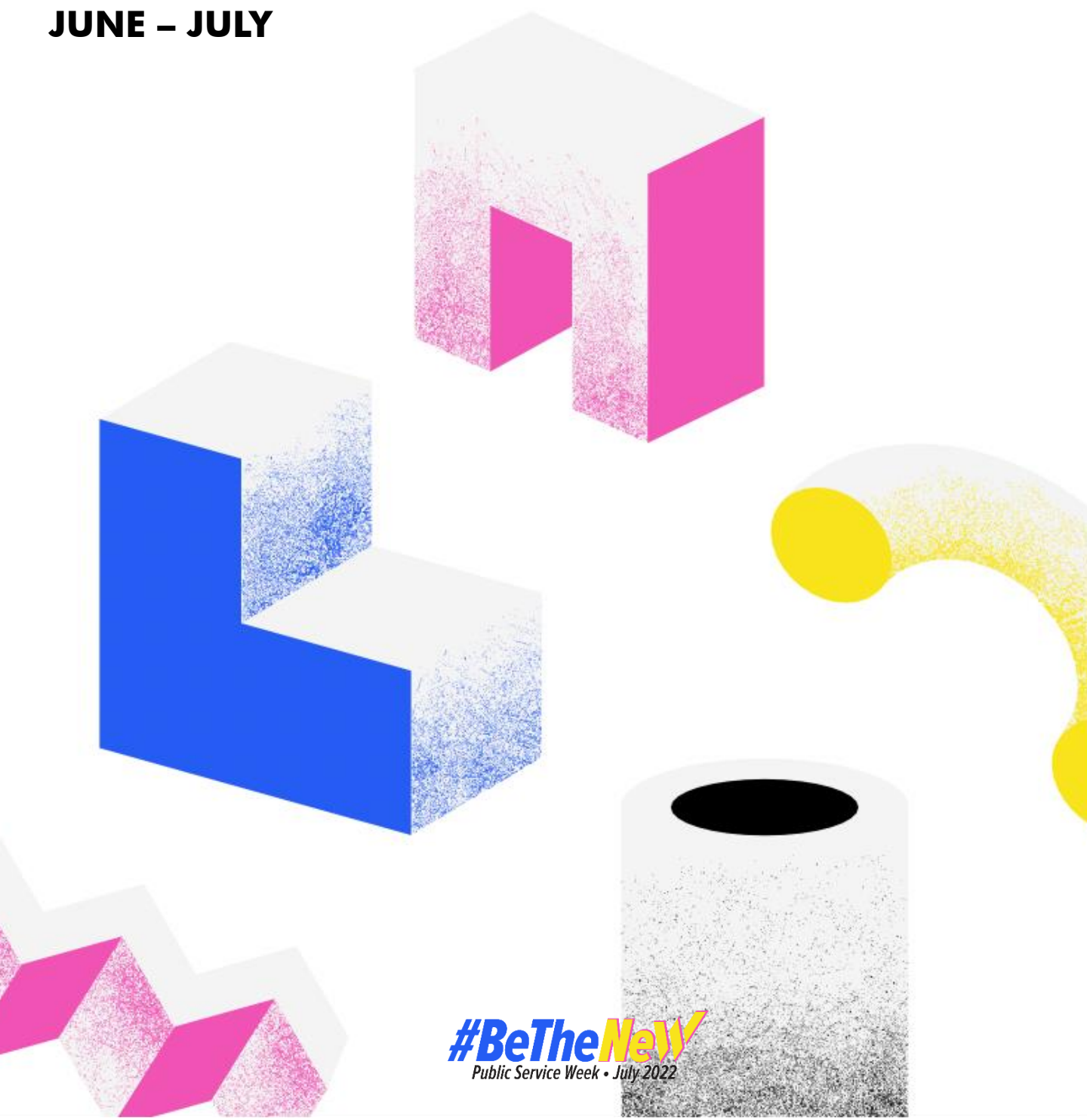


PUBLIC SECTOR TRANSFORMATION CONVENTION 2022

CALENDAR OF EVENTS & ACTIVITIES
JUNE – JULY



#BeTheNew
Public Service Week • July 2022

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About the Public Service Week (PSW)

Public Service Week is an annual event to:



Create a greater appreciation and pride for the work of the Public Service



Inspire public officers to live out the values and ethos of the Public Service, which is to be ready for the future



Increase cohesion and build communities among public officers

Public Service Week 2022 – Theme

The theme for PSW 2022 is 'Be The New'.

It is a call for officers to uncover their hidden traits and unleash new aspects of themselves that will redefine the meaning of work and awaken their sense of purpose.

The new normal is no longer new – disruptions and braving uncertainties together have become our way of life.

What's new, is within you.

New mindsets, competencies and perspectives.

Enabling you to experiment boldly, work differently and grow with diversity.

Let's build on our good work and build each other up.

It's time to Be The New.

And what's new, is up to you.

#BeTheNew
Public Service Week • July 2022

About the Public Sector Transformation Convention (PSTC)

The Public Sector Transformation Convention 2022 is a platform where we share best practices from within and beyond the Public Sector with our officers, to inspire transformation of our work, workforce, and workplace.

As one of the key events of Public Service Week 2022, this year's Convention comprises three webinars featuring private practitioners, and senior public and people sector leaders.

FUTURE OF WORK

14
JUL
(THURS)

THEME: BEYOND COVID-19: ADAPTING AND SEIZING OPPORTUNITIES TO FACE NEW UNCERTAINTIES
3PM – 4.30PM

SPEAKERS

- Mr Tan Kwang Cheak, Chief Executive Officer (Agency for Integrated Care)
- Mr Allan Lim, Chairman and Founder (ComCrop)
- Ms Linda Lee, Managing Director & Regional Head of Future of Work, Transformation Group (DBS Bank)

MODERATOR

- Ms Lim Sze Ling, Chief Transformation Officer, Service SG (Public Service Division)

SYNOPSIS

The webinar will look at how agencies and officers can seize opportunities quickly and establish new ways of working, as well as good practices to uphold standards and governance amid rising workload by leveraging innovation and Science, Technology and Engineering.



Scan the QR above above
or click [here](#) to register

FUTURE WORKFORCE

21
JUL
(THURS)

**THEME: BUILDING A MORE RESILIENT AND
GROUNDED PUBLIC SERVICE**
3PM – 4.30PM



Scan the QR above above
or click [here](#) to register

SPEAKERS

- Assoc Prof Ang Seng Bin, Chair of Board of Directors (AMKFSC Community Services Ltd)
- Mr Peter Ho, Executive Chairman (Hope Technik)
- Ms WiWi Goh, Google Market HR Lead, SG, People Ops (Google)

MODERATOR

- Dr Gog Soon Joo, Chief Skills Officer & Chief Futurist (SkillsFutureSG)

SYNOPSIS

The webinar will share good practices for managing talent mobility and facilitating exposure of staff beyond their core roles, as well as the importance of developing broader networks and relationships for effective policy implementation.

FUTURE WORKPLACE

28
JUL
(THURS)

THEME: THRIVING IN THE HYBRID WORKPLACE
3PM – 4.30PM



Scan the QR above above
or click [here](#) to register

SPEAKERS

- Mr Jason Chen, Deputy Secretary (Workplaces), Ministry of Manpower
- Prof David Chan, Prof of Psychology and Director of Behavioural Science Initiative (Singapore Management University)
- Ms Emiley Yeow, Chief Operating Officer (Allen & Overy)

MODERATOR

- Mr Jordan Tan, Director, Digital Workplace (GovTech)

SYNOPSIS

The speakers will share the science behind good communication and engagement at the workplace, progressive approaches to strengthen organisational cohesion in a hybrid workplace, as well as the Government's perspective about flexible work arrangements.

Even as we redefine the meaning of work, reignite our sense of purpose, and transform our work, workforce and workplace, we will continue to support our officers' well-being. In line with the themes of the PST Convention 2022, we have lined up a series of side events from June to July 2022 to encourage public officers to cultivate resilience and maintain physical, social and mental wellness through meaningful and fun programmes.

About this Calendar of Events & Activities

Well-being is a critical enabler in transformation. To build a resilient and grounded public service, we need to shape a workplace environment that supports officers' well-being. Even as we redefine the meaning of work, reignite our sense of purpose, and transform our work, workforce and workplace, we will continue to support our officers' well-being.

In line with the themes of the PST Convention, we have lined up a series of side events from June to July 2022 to encourage public officers to cultivate resilience and maintain physical, social and mental wellness through meaningful and fun programmes.

Look forward to Team Challenges that you can partake in with your fellow public officers and win exciting prizes! Also, check out the wide variety of activities that you can sign up for, ranging from workshops and guided tours to events and festivals. There's something to cater to everyone's interests, whether you're interested in nature, arts, sports or wellness.

Broadly categorised under Gardening, Nature, Sports & Wellness and Special Events, these activities are carefully curated and organised by the National Parks Board (NParks), Health Promotion Board (HPB), People's Association (PA) and SportSG.

Do also check out the learning activities offered under the [PSW Learning Festival](#) for more activities organised by our fellow public sector agencies, aimed to empower officers as we step into the new normal.

CALENDAR OVERVIEW

JUNE 2022

Jun – 31 Jul	ActiveSG GameOn Nila! PST 2022 Race by ActiveSG	21 Jun (Tue)	Mental Wellness Experiential Workshops: Create a Slider Card (Positive Reframing) by HPB 12pm – 1pm Zoom Yoga Flow by PA 6pm – 7pm imPAct@Hong Lim Green
4 – 25 Jun	Pesta Ubin and Ubin Day 2022 by NParks Pulau Ubin & online 4 – 25 Jun	22 Jun (Wed)	Understanding and Managing Workaholism + Stress Free Home Workout (Online) by PA 7.30pm – 8.45pm Zoom
10 Jun (Fri)	Make Every Move Count by Active Health by SportSG 7pm Zoom	23 Jun (Thurs)	Make Every Move Count by Active Health by SportSG 12pm Zoom Awareness through Movement by PA 6pm – 7pm imPAct@Hong Lim Green Resilient & Confident Parents, Raise Confident & Compassionate Kids (7-12 years old) by PA 7.30pm – 8.30pm Zoom
12 Jun (Sun)	Stand Up Paddling Starter Course by PA 10am – 12pm 1pm – 3pm PAssion Wave @ East Coast	25 Jun (Sat)	Bazaar in the Garden by NParks 8am – 5.30pm Jurong Lake Gardens
14 Jun (Tue)	Mental Wellness Experiential Workshops: Feather Macrame (Staying Connected) by HPB 12pm – 1pm Zoom Stretch Band by PA 6pm – 7pm imPAct@Hong Lim Green		
16 Jun (Thurs)	Stretch Band by PA 6pm – 7pm imPAct@Hong Lim Green		
18 Jun (Sat)	Stress Releasing Self-Care Therapy by PA 10am – 11am Zoom Pets' Day Out by NParks 10am – 6pm Bishan-Ang Mo Kio Park		

CLICK HERE TO CHECK OUT THE LEARNING ACTIVITIES OFFERED UNDER THE **PSW LEARNING FESTIVAL** FOR MORE ACTIVITIES ORGANISED BY OUR FELLOW PUBLIC SECTOR AGENCIES, AIMED TO EMPOWER OFFICERS AS WE STEP INTO THE NEW NORMAL.

28 Jun (Tue)	Wellness in Transition for Supervisors by HPB 10am – 12pm Zoom [Fully subscribed] Mental Wellness Experiential Workshops: Art Jamming by HPB 12pm – 1pm Zoom Yoga Flow by PA 6pm – 7pm imPAct@Hong Lim Green	7 Jul (Thurs)	Make Every Move Count by Active Health by SportSG 12pm Zoom Nirvana Fitness® by PA 6pm – 7pm imPAct@Hong Lim Green
JULY 2022			
2 Jul (Sat)	Kayak 'N' Klean by PA 10am – 1pm PAssion Wave @ Marina Bay Positive Parenting – Celebrating Strengths & Family Workout (Online) 11am – 12.30pm Zoom	9 Jul (Sat)	Bukit Batok Nature Park Guided Tour by NParks 10am Bukit Batok Nature Park Kayak 'N' Klean by PA 10am – 1pm PAssion Wave @ Marina Bay
3 Jul (Sun)	St John's Island Trail Guided Walk by PA 10am – 11.30am St John's Island Kayak 'N' Klean by PA 10am – 1pm PAssion Wave @Marina Bay	11 Jul (Mon)	Invasive Species Management Workshop – Windsor Nature Park by NParks 9am – 10am Windsor Nature Park
5 Jul (Tue)	Invasive Species Management Workshop – Labrador Nature Reserve by NParks 9am – 10am Labrador Nature Reserve Nirvana Fitness® by PA 6pm – 7pm imPAct@Hong Lim Green	16 Jul (Sat)	Gardeners' Day Out by NParks 8am – 5pm HortPark Kampung Tour by NParks 9.30am – 11.30am Pulau Ubin Evening Chorus at Kranji Marshes by NParks 11am – 12pm Zoom Positive Parenting – Our Mindful Space (Online) by PA 4.30pm – 6.30pm Zoom

CLICK HERE TO CHECK OUT THE LEARNING ACTIVITIES OFFERED UNDER THE **PSW LEARNING FESTIVAL** FOR MORE ACTIVITIES ORGANISED BY OUR FELLOW PUBLIC SECTOR AGENCIES, AIMED TO EMPOWER OFFICERS AS WE STEP INTO THE NEW NORMAL.

19 Jul (Tues)	Wellness in Transition for New Entrants by HPB 10am – 12pm Zoom
22 Jul (Fri)	Make Every Move Count by Active Health by SportSG 7pm Zoom
23 Jul (Sat)	Bazaar in the Garden by NParks 8am – 5.30pm Jurong Lake Gardens [Fully subscribed] Stand Up Paddling Starter Course by PA 10am – 12pm 1pm – 3pm PAssion Wave @ East Coast
24 Jul (Sun)	Cycle to Wellness (PCN Cycling Tours) by NParks 9am – 10am Punggol Waterway (Pavilion next to Waterway Point)
31 Jul (Sun)	Active Listening vs. Empathy Skills by PA 10am – 3pm Cheng San Community Club

CLICK HERE TO CHECK OUT THE LEARNING ACTIVITIES OFFERED UNDER THE **PSW LEARNING FESTIVAL** FOR MORE ACTIVITIES ORGANISED BY OUR FELLOW PUBLIC SECTOR AGENCIES, AIMED TO EMPOWER OFFICERS AS WE STEP INTO THE NEW NORMAL.

TEAM CHALLENGES

Team Challenge 1

Terrarium Making



From now till **15 Jul**, register your team [here](#).

Form teams with a minimum of 3 members. There is no cap on the number of members per team.

Upon successful registration, another FormSG link will be sent to team leaders for the submission of the following by **20 Jul**:



- Group photo
- Photo(s) of your terrarium

Submit your terrarium to the Singapore Botanic Gardens on **27 Jul**, from 10am – 5pm.

Voting by webinar participants will be opened during the Future Workplace webinar on 28 Jul.



The top most creative terrariums stand to win grocery vouchers worth \$1,000 in total! Winners will be announced at the webinar.

Participants are to bring back their terrariums on 29 Jul (Fri), from 10am – 5pm.



Questions? Drop us an email at NParks_Programmes_Events@nparks.gov.sg.

**SCAN THE QR FOR SOME
INSPIRATION ON
GETTING STARTED!**



<https://go.gov.sg/terrarium-guide>

Team Challenge 2

NParks-AIA Explore A Route Challenge



Form teams with a minimum of 3 members and a maximum of 9 members per team.



Team leaders, register your team [here](#) with the following:

- Team leader’s name & email address
- Team name
- Agency name



Upon successful registration, another FormSG link will be sent to team leaders for the submission of the following by **20 Jul**:

- A compilation of screenshots from all members showing that the 9 trails on the Challenge Board have been completed
- Group photo
- Team member names and their respective agencies

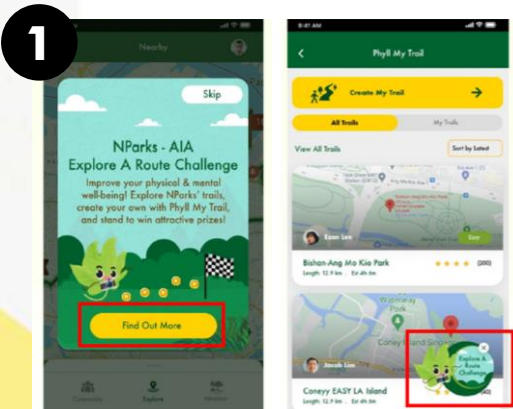


Winners will be announced on 28 July, at the end of the Future Workplace webinar. Lucky teams stand to win grocery vouchers worth \$1,000 in total!



Questions? Drop us an email at NParks_Programmes_Events@nparks.gov.sg. More on the NParks Explore A Route (NEAR) mobile app: www.nparks.gov.sg/c2c

Getting Started



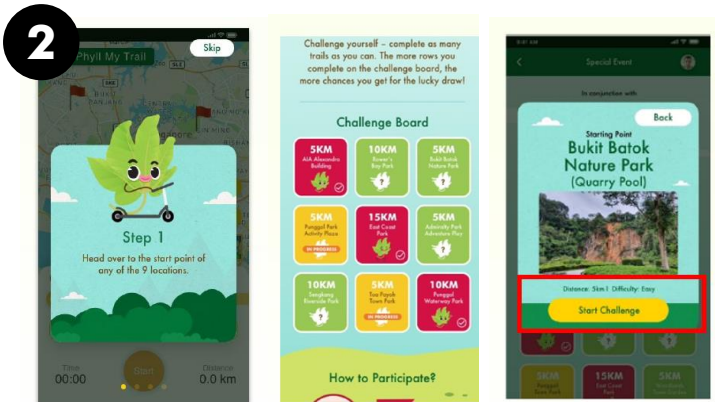
DOWNLOAD THE NEAR APP:



Upon launching the app, click on “Find Out More” on the pop-up banner labelled “NParks – AIA Explore A Route Challenge” or navigate to “Phyll My Trail” menu and click on the event icon button on the bottom right of the screen.

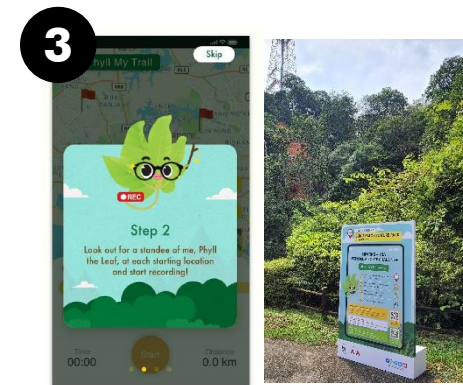
Team Challenge 2

NParks-AIA Explore A Route Challenge



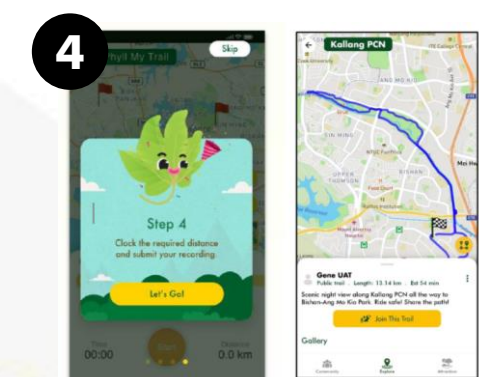
Visit the start point at any of the nine (9) locations indicated on the Challenge Board.

Start the distance challenge when you are at the start point by clicking on “Start Challenge”.



Look out for the event standee at each start point and start to record your trail using ‘Phyll My Trail’ feature when you are at the start point (or when you see the standee).

Photo: Bukit Batok Nature Park



Start to map/record your trail and complete the respective distances shown on the Challenge Board using ‘Phyll My Trail’ feature on the NEAR Application.

Once completed, upload your trail in-app.



Complete all 9 trails on the Challenge Board. (Tiles representing the 9 trails on the completed Board should be red in colour when complete).



GARDENING



16 Jul (Sat)

8am – 5pm

HortPark

Free

Gardeners’ Day Out

by NParks

At HortPark’s signature monthly event, expect online activities such as webinars and demonstrations by experts, and on-site activities ranging from talks, workshops, to free guided tours. Look out for special promotions from gardening-related vendors in the e-marketplace!

Registration is required for some activities.

For more information on GDO, click [here](#).



25 Jun (Sat)

23 Jul (Sat)

8am – 5.30pm

Jurong Lake Gardens,
Gardenhouse

Free

Bazaar in the Garden

by NParks

Taking place every fourth Saturday of the month, Bazaar in the Garden (BIG) is Jurong Lake Gardens’ monthly signature event, featuring a variety of exciting and educational online and physical programmes, including gardening talks and workshops for all ages, free garden tours and kid-friendly activities.

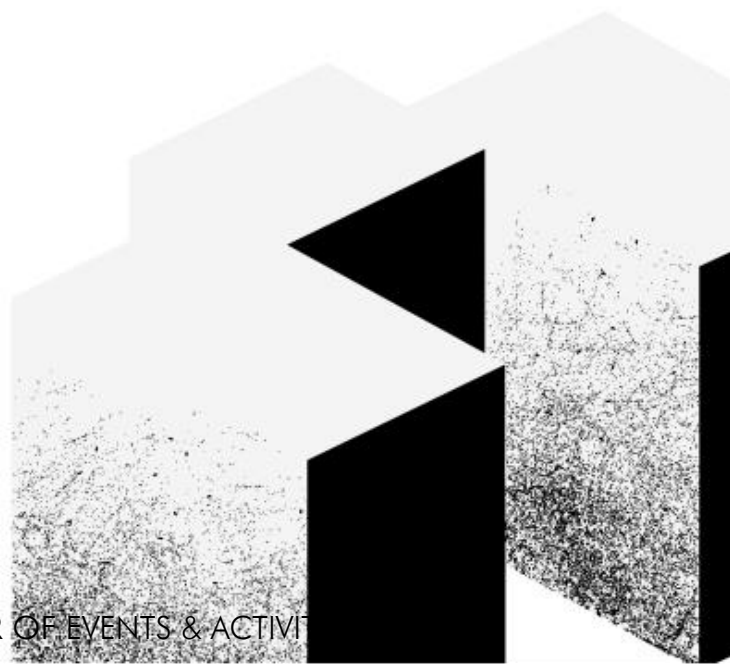
Registration is required for some activities.

For more information on BIG, click [here](#).





NATURE



3 Jul (Sun)

10am – 11.30am

St John’s Island

Free

**Does not include entry into the Marine Park Gallery and ferry tickets*

St John's Island Trail Guided Walk
by NParks

The first curated trail on St John’s Island was developed to encourage appreciation for the rich biodiversity and history of St John’s Island and Sisters’ Islands Marine Park.

The 2.8 km St John’s Island Trail comprises 15 stations marked with signboards that serve as both station markers and educational resources, highlighting the diversity of flora and fauna as well as the island’s colourful history.

Please purchase your own ferry tickets from Marina South Pier and take the public ferry at 8:30am or 9am.

To register, click [here](#).



5 Jul (Tue)

9am – 10am

Labrador Nature Reserve

Free

Invasive Species Management Workshop – Labrador Nature Reserve
by NParks

Aggressive weeds pose a threat to biodiversity. They compete for space, light, water and nutrients with other plant species, causing the latter to die and prevent other native plant species from establishing. Invasive species management requires uprooting of the weeds, which is labour-intensive and needs to be a sustained effort.

Role of volunteers: Assist in the removal of weeds on our forest reserve fringe.

To register, click [here](#).



9 Jul (Sat)

10am

Bukit Batok Nature Park

Free

Bukit Batok Nature Park Guided Tour
by NParks

Come immerse yourself along a guided walk of tranquility and endless nature discoveries through a 36 hectare nature park with a former granite quarry that provides a natural landscape of high cliff, with a 1.4 hectare reflecting lake, mature secondary forest and a World War II memorial.

To register, click [here](#).



11 Jul (Mon)

9am – 10am

Windsor Nature Park

Free

Invasive Species Management Workshop – Windsor Nature Park
by NParks

Aggressive weeds pose a threat to biodiversity. They compete for space, light, water and nutrients with other plant species, causing the latter to die and prevent other native plant species from establishing. Invasive species management requires uprooting of the weeds, which is labour-intensive and needs to be a sustained effort.

Role of volunteers: Assist in the removal of invasive *Dioscorea* (also known as the Batman plant), on our forest reserve fringe.

To register, click [here](#).



16 Jul (Sat)

9.30am – 11.30am

Pulau Ubin

Free

**Does not include ferry tickets*

Kampong Tour
by NParks

The tour will start at the Ubin Volunteer Hub and take you through the spice trees around Jelutong campsite, Butterfly Hill, Pekan Quarry, Sensory Trail Ponds, Kampong House, Old Bin Kiang School site, Toa Pek Kong Temple and end at the Wayang Stage. You will hear about the use of spices in cooking and the interesting history of the different sites. Do you know what the Ubin Volunteer Hub was in the 1970s? When was the Tua Pek Kong Temple built? If you would like to know, then this is an excellent introduction to the heritage of the island.

Please purchase your own ferry tickets from Changi Point Ferry Terminal and take the public ferry.

To register, click [here](#).



16 Jul (Sat)

4.30pm – 6.30pm

Kranji Marshes

Free

Evening Chorus at Kranji Marshes
by NParks

Be charmed by the rustic nature of Kranji Marshes, a 56.8-hectare freshwater marshland that is home to unique biodiversity. This guided walk will introduce participants to Kranji Marshes and the species which lives in its marsh, woodland and grass habitats. Participants will be guided through the ecologically sensitive core conservation area which is not usually open to the public. This walk is approximately 3km. Participants are advised to wear comfortable walking shoes.

To register, click [here](#).





SPORTS & WELLNESS



Jun – 31 Jul

ActiveSG Mobile App

Free

ActiveSG GameOn Nila! PST 2022 Race
by ActiveSG

Stand a chance to win attractive prizes from exploring two themed trails! GameOn Nila! is a gamification in ActiveSG App where members level up by scanning QR codes, completing trails and clocking steps.

Suitable for everyone regardless of fitness level, explore Singapore while keeping fit, great for the ultimate bonding experience!

In the month of June, participate in Sentosa Trail, enjoy an invigorating walk and immerse yourself in the sights of the sunny island resort. From 1 July – 31 July, participate in NDP22 Adventure Trail, journey through heritage landmarks that played an important role in the development of Singapore.

To register, click [here](#).



10 Jun (Fri)
23 Jun (Thurs)
7 Jul (Thurs)
22 Jul (Fri)

10 Jun (Fri), 7pm
23 Jun (Thurs), 12pm
7 Jul (Thurs), 12pm
22 Jul (Fri), 7pm

Zoom

Free

Make Every Move Count by
Active Health
by SportSG

Want to move better and make every move count? Take an active step towards improving your wellbeing and join our Active Health Coaches to assess how well you move.

Learn how incorporating a variety of movements through a 4Q model, and experience fun and interactive activities that can improve your physical fitness and movement competency.

To register, click [here](#).



12 Jun (Sun)
23 Jul (Sat)

12 Jun
Session 1: 10am – 12pm
Session 2: 1pm – 3pm

23 Jul
Session 1: 10am – 12pm
Session 2: 1pm – 3pm

PAssion Wave @ East Coast

Free

[Fully subscribed]
Stand Up Paddling Starter Course
(offered exclusively at PAssion Wave)
by PA

The latest trend in water sports, Stand Up Paddling or SUP is a great way to enjoy the sea environment from a unique perspective. The starter course is only 2 hours and will allow participants to pick up fundamental skills to keep you safe and still have fun riding the waves.



14 Jun (Tue)

12pm – 1pm

Zoom

Free

Mental Wellness Experiential Workshops:
Feather Macrame (Staying Connected)

by HPB

Human beings are social creatures and it is always reassuring to know that someone is there for you. No matter how independent we are, we should always try to maintain close relationships with and support those we care for. Join us in this workshop to learn tips about staying connected, and coping skills for your mental well-being!

A craft kit will be provided for this activity. Participants may opt for courier delivery at a fee of \$4.20, or self-collect the kit at Bukit Gombak MRT Station on the following dates:

- 3 Jun, 5pm – 7pm
- 4 Jun, 10am – 12pm
- 9 Jun, 5pm – 7pm
- 10 Jun – 10am – 12pm

To book a collection slot, please make an appointment via WhatsApp at 9798 1334.

To register, click [here](#).



14 Jun (Tue)

16 Jun Thurs)

6pm – 7pm

imPAct@Hong Lim Green

Free

Stretch Band

by PA

Low impact exercise is an effective fat burning and fitness exercise. It is suitable for beginners to participate. Adding exercise to your lifestyle can have a really positive impact on your health, body and mind.

Register for the sessions:
[14 Jun](#) | [16 Jun](#)



18 Jun (Sat)

10am – 11am

Zoom

Free

Stress Releasing Self-Care Therapy
(Online)

by PA

Facing stressful situation at work or school?

Join in this session to manage your stress level so to perform well at work or school. This session is adopted from Hatha Iyengar Yoga, placing the emphasis on precision and alignment.

It's an excellent way to learn the subtleties of correct alignment so you can progress on with your breath control, strength, flexibility and the sustainability of your body posture, health and psychology.

Participants will be guided on breathing and will be introduced Centering with Complete Breath. Also, will gain tips on how to integrate breath work into yoga poses.

To register, click [here](#).



21 Jun (Tue)

12pm – 1pm

Zoom

Free

Mental Wellness Experiential Workshops: Create a Slider Card (Positive Reframing)

by HPB

Everyone experiences stressful situations and negative thoughts from time to time. It is common for many of us to feel this way, especially during these challenging times. But we can try to make the best out of these situations by reframing negative thoughts in to positive ones! Join us in this workshop to learn about positive reframing, and coping skills for your mental well-being!

A craft kit will be provided for this activity. Participants may opt for courier delivery at a fee of \$4.20, or self-collect the kit at Bukit Gombak MRT Station on the following dates:

- 3 Jun, 5pm – 7pm
- 4 Jun, 10am – 12pm
- 9 Jun, 5pm – 7pm
- 10 Jun – 10am – 12pm

To book a collection slot, please make an appointment via WhatsApp at 9798 1334.

To register, click [here](#).



21 Jun (Tue)

28 Jun (Tue)

6pm – 7pm

imPAct@Hong Lim Green

Free

Yoga Flow

by PA

Yoga Flow is a form of yoga which moves dynamically from one posture immediately to another, following the breath. This continuous flow of movement and breath generates a meditative state, encouraging practitioners to focus on the experience and present moment. The class usually begin with gentler movements to warm up the body, then move into progressively more challenging flowing sequences. These may include standing poses, balances, inversions and peak poses. The classes tend to end with slower, deeper stretches, and often floor-based asana practice.

Register for the sessions:
[21 Jun](#) | [28 Jun](#)



22 Jun (Wed)

7.30pm – 8.45pm

Zoom

Free

Understanding and Managing Workaholism + Stress Free Home Workout (Online)

by PA

Do you often find yourself working longer hours? This could lead to potential job burnout or worse, depression. Join us in this session to learn how to manage your work life and avoid such conditions. There's also a complimentary workout session to help raise your energy levels!

To register, click [here](#).



23 Jun (Thurs)

7.30pm – 8.30pm

Zoom

Free

**Resilient & Confident Parents, Raise
Confident & Compassionate Kids
(7-12 years old)**

by PA

As parents, there is no actual manual or guide to show you the right way to be the best parent, or how to raise amazing children. One thing we can do right is to manage our expectations, and increase our appreciation.

To register, click [here](#).



24 Jul (Sun)

9am – 10am

Punggol Waterway
(Pavilion next to
Waterway Point)

Free

Cycle to Wellness (PCN Cycling Tours)

by NParks

Go on a relaxing cycling tour along the North Eastern Riverine Loop (NERL) of the Park Connector Network (PCN), led by NParks and members of Friends of the Park Connector Network (FoPCN).

Participants are to bring their own bicycles and safety equipment i.e. helmets and shoes, and lights for night cycling.

To register, click [here](#).



28 Jun (Tue)

10am – 12pm

Zoom

Free

**Wellness in Transition for
Supervisors**

by HPB

Do you remember how it was like on your first day of work? What were some ways you wished you had been supported then?

Supervisors play an important role in the integration of new employees, and have to do so while juggling their own workload. Many have good intentions and want the best for the team, but are unsure of how they can provide support effectively.

Workplace orientations and team bonding sessions no longer take the same form as before, forcing supervisors to be innovative in their approach.

Learn from the team of psychologists and counsellors as they share tips on being an emotionally supportive leader.

To register, click [here](#).



29 Jun (Wed)

12pm – 1pm

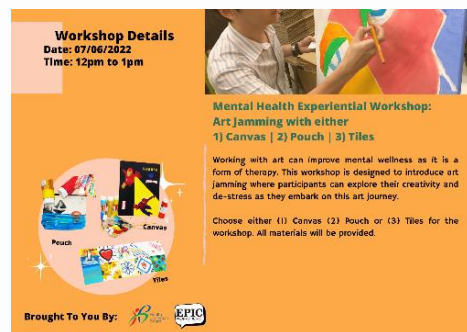
Zoom

Free

**[Fully subscribed] Mental Wellness
Experiential Workshops: Art Jamming**
by HPB

Many of us lead a hectic lifestyle where we get pulled in multiple directions at once. One useful way to manage the stress that our hectic lifestyle produces is by practicing mindfulness. Join us in this workshop to learn what is mindfulness, and how you can incorporate this in your everyday living.

Choose from canvas, pouches, or tiles as your medium of choice. All materials for the workshop will be provided. Collection of materials will be done a week prior to workshop – more details will be provided upon registration.



2 Jul (Sat)

11am – 12.30pm

Zoom

Free

**Positive Parenting – Celebrating
Strengths & Family Workout (Online)**
by PA

Learn how to build stronger relationships and have better conversations with your children through our unique "Strengths Theory" along with a couples workout for you to stay fit with your partner!

To register, click [here](#).



2 Jul (Sat)

3 Jul (Sun)

8 Jul (Fri)

9 Jul (Sat)

10am – 1pm

PAssion Wave @ Marina
Bay

Free

**Kayak 'N' Klean
(offered exclusively at PAssion Wave)**
by PA

The Kayak 'N' Klean programme is a 3-hour programme conducted to allow participants to pair up in a doubles kayak and work together towards a common goal of conserving the environment to make it a better place for all.

This is done by picking up litter whilst kayaking along the scenic landscapes of our beautiful reservoirs (Marina, Bedok and Jurong Lake).

Through this programme, the following learning values may be enhanced

Register for the sessions:

[2 Jul](#) | [3 Jul](#) | [8 Jul](#) | [9 Jul](#)



5 Jul (Tue)
7 Jul (Thurs)

6pm – 7pm

imPAct@Hong Lim
 Green

Free

Nirvana Fitness®

by PA

Nirvana Fitness® is a unique blend of uplifting music, simple to follow pilates/yoga exercises and rhythmic breathing to detox the body & experience the Nirvana mind.

Nirvana Fitness® is a system that will teach you how to breathe correctly through a series of functional toning pilates/yoga exercises, leading you to a slower and deeper daily breathing pattern that will replace shallow breathing.

Register for the sessions here:

[5 Jul](#) | [7 Jul](#)



16 Jul (Sat)

11am – 12pm

Zoom

Free

Positive Parenting – Our Mindful Space (Online)

by PA

Being both a parent and a spouse brings new challenges. Learn how you can develop better mindfulness to overcome this new phase of family life in this “Positive Parenting” series.

To register, click [here](#).



19 Jul (Tue)

10am – 12pm

Zoom

Free

Wellness in Transition for New Entrants

by HPB

Starting a new job is never easy, more so in this pandemic where some of us start our first day of work at home!

With meetings behind a screen and limited pantry talks, getting to know new colleagues and supervisors may not come as naturally. Integrating into a new environment can be stressful, and this stress may manifest in ways such as constant worrying, reduced ability to concentrate, and physiological symptoms like headaches and stomachaches.

While it is common to feel stressed during this transition period, it is also important to know when and where to seek help if needed.

Learn from the team of psychologists and counsellors as they share tips on managing stress and transitions, as well as tips on building relationships at work in this new normal.

To register, click [here](#).



31 Jul (Sun)

10am – 3pm

Cheng San
Community Club

Free

Active Listening vs. Empathy Skills

by PA

Understand more about active listening and empathy skills, and learn tips on how to apply these essential skills in your daily activities.

To register, click [here](#).





SPECIAL EVENTS



4 – 25 Jun

Pulau Ubin &
Online

Free*

*Mixture of free & paid
activities

*Does not include ferry
tickets

Pesta Ubin and Ubin Day 2022

by NParks

Pesta Ubin is an annual celebration of Pulau Ubin, where Ubin-loving community groups organise a series of events that showcases the rich natural and cultural heritage we have on the island. Pesta Ubin ends with Ubin Day, which is the last hoorah of the festival, with all the fun and excitement at its peak.

For more info, click [here](#).



18 Jun (Sat)

10am – 6pm

Bishan-Ang Mo Kio Park

Free

Pets' Day Out

by NParks

A monthly event that's all about pets!

Say 'hi' to the adorable animals up for adoption, and chat with volunteers at the Animal Welfare Groups adoption drive, have your pets checked by professional veterinarians at our free pet health check and micro-chipping sessions*, or attend workshops conducted by industry professionals!

You can also contribute to the AWGs' fundraising efforts by visiting their pages listed on www.nparks.gov.sg/pdo as a small 'thank you' for their heart and work in taking care of the animals.

For more info, click [here](#).



PROGRAMME CONTRIBUTORS

