



TO REGISTER  
<https://bit.ly/CP-OAS-3>

Closing Date Of Registration:  
24 FEB 2023

# CARE FOR CAREGIVERS

 DATE  
25 FEBRUARY 2023 (SAT)

 TIME  
10AM – 1PM

 VENUE  
ACADEMIA • 20 COLLEGE ROAD S'169856

 Campus shuttle bus service available from Outram Park MRT

## LIMITED SEATS AVAILABLE!

- Zentangle Art workshop
- Exclusive Coloplast goodie bag
- Lunch provided

## SYNOPSIS

A caregiving journey is like a roller coaster ride filled with mixed emotions and psychological stress. Caregivers and those they care for should be viewed as one holistic care model. With the recent Covid-19, additional burdens are piled on the already demanding roles of caregivers. Beyond training on how to care for others, there are support and coaching available for caregivers in Singapore.

In this session, our speakers will share on the psychological well being of caregivers and a deep-dive into the journey of caregiving. After that, join us with Art For Good on a Zentangle art workshop which promotes positive mental health, and enjoy the therapeutic benefits that Zentangle art brings.

## Each participant can bring these home:

- Seasonal hanger with flower seeds
- Succulent plant
- Decorated Stomabag

## SPEAKERS



**PSYCHOLOGICAL  
WELL BEING FOR  
CAREGIVERS**  
MS. HONG DOU  
BS, PSYCHOLOGY  
SENIOR COUNSELLOR



**MARATHON LOVE**  
MS. CHRISTINE KEK  
CAREGIVER



**STOMA-BAG  
ZENTANGLE ART**  
MS. WENDY YAP  
ART THERAPIST  
ART FOR GOOD

- Our speakers will address your questions during the Q&A session at the end of the event
- 1 CPE point pending by SNB
- For enquiries, please contact us at [sgcare@coloplast.com](mailto:sgcare@coloplast.com) or +65 6235 5933



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