

Message from Brother Dominic

An 'Angry Adventure' for our Foster Children

Speak Up, YouthReach Is Here for You

Stress Management Talk

Rejoice! 5 Years of Our Sanctuary Care Service

Celebrating 65 Years of Fostering with 65 Stories

RESIDENTIAL SERVICES

FROM BROKEN TO RESTORED

Major Academic Hurdle

The Primary School Leaving Examination (PSLE) has always been viewed as an important milestone in a young student's academic life, and the children would typically be accompanied by their parents to receive their results.

For 13-year-old Tommy* however, his parents were nowhere to be seen. Instead, he was accompanied by his social worker to collect his results. Tommy had no idea what it was like to live in a safe, loving family — something every child deserves. His parents, Mr and Mrs Tan*, were in prison for drug related offences. Upon his rescue from neglect, Tommy was admitted to Boys' Town in February 2021.

Taking Small Steps towards the Right Direction

One of the most prominent issues Tommy encountered was having to go through his final year in primary school while adjusting to this new environment in the residential home. Initially, he was observed to be fading optimism and unwilling to take part in any of the programmes. After developing a nurturing relationship with our youth workers and social worker, he was able to adapt well to the programmes.

Prior to his admission to Boys' Town, Tommy also faced poor school attendance and performance. Today, he was seen making great strides and his attendance has since improved tremendously.

Fortunately, he attained a good enough PSLE score which got him into the secondary school of his choice.

Dreaming Big Despite the Odds

During his time in Boys' Town, Tommy found a love for two sports he enjoyed the most which were soccer and sepak takraw. The effort of the community comprised of his mentor, youth workers and the coach who rallied around him to help him achieve his goals. Tommy was also observed by our youth workers to be sharing his knowledge with other residents during their recreational games time.

You may wonder what the future holds for Tommy, but this young man has big dreams! He aspires to be a professional soccer player and has been extremely dedicated to his practices, going above and beyond in pursuing his dream.

Tommy's father was recently released from prison, while his mother is still serving her term. During counselling sessions with his social worker, Tommy has always longed for his family to be able to enjoy a meal together.

Our wish for Tommy and the youths under our care is to reunite them with their families, and to grow up with a healthy and fulfilling childhood. With your support, together we can help build a better future for these children in-need.

**Not their real names*

Message from Brother Dominic

Lent: *A time for renewing
Faith, Hope and Love*

Often when we think about Lent, we think of it with a sort of dread. "I have to give something up."

Lent is a time of renewal of Faith, Hope, and Love. This is a time that we intensify our prayer, fasting and almsgiving. Charity is about giving up on something like fasting and offering it as a gift that is given from the motive of pure love.

The young children of today face many challenges from their families and friends, which often lead to neglect, abuse and mental health issues. They have been deprived of a loving family environment for a long time.

We are grateful to all our benefactors who supported us, and this has made it possible for us at Boys' Town to ensure our children and youth get the necessary help and care they need.

We once again appeal to you to give of your Love and join us as we continue to serve and guide the children and youth under our care.

*Thank you for your
kindness and generosity.*

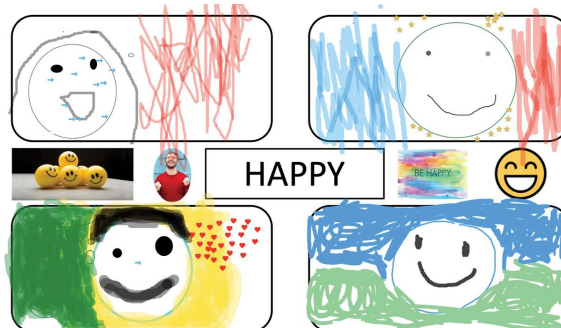
**God Bless,
Bro. Dominic Yeo Koh
Spiritual Director and
Board of Director**



BOYS' TOWN ADVENTURE CENTRE

AN 'ANGRY ADVENTURE' for our Foster Children

Boys' Town Adventure Centre (BTAC) was excited to share a new adventure with our 7 to 8 year-old foster children from Boys' Town Fostering Service (BTFS). During the school holidays, we specially curated 'Angry Adventure' – a three-day fun-filled virtual journey of discovering about themselves and learning to express emotions in a healthy manner using the "Pause-Think-Act" model.



The ability to be present to handle dysregulation and upsetting emotions in clients has always been a main concern for BTAC in any intervention programmes. The core activity of the programme was the creation of Emotion Masks as a means of expressing their emotions through their drawings. Using the Annotation function in Zoom, participants created colourful and vibrant masks that reflected emotions such as happiness, sadness and anger. The participants then received a hard copy of these masks as a token of appreciation. Through this activity, it can be a valuable avenue for expressing complex feelings that participants struggle to discuss.

Even as the current pandemic brings about many uncertainties and changes, BTAC is committed to provide the spirit of adventure while creating a safe space for participants to grow, learn and develop.

YOUTHREACH

Speak Up. YouthReach Is Here for You

PHASE 2

YR MUSEUM BOX

A SNEAK OF WHAT THE STUDENTS SAW

YouthReach started the year on a high note as we launched our first Project PRISM, which stands for Paving Roads Into Students' Minds. It is a school-based outreach programme that seeks to understand the mental well-being of students in light of the rising mental health concerns. It was piloted with a secondary school in the Tampines region with the aim of establishing YouthReach as a potential source of support and platform for students to speak out.

Held virtually, YouthReach showcased and discussed short mental well-being films that were filmed by the team. A week-long physical exhibition was carried out in the school itself where we displayed the students' contributions during the zoom sessions as well as a mini museum that showcased YouthReach's outreach and programmes.

It was heartening to have garnered much positive feedback on Project PRISM! The physical exhibition received over 100 responses, with a great number of students expressing interest in being engaged by YouthReach. The YouthReach Instagram page has also seen a growth in followers and interactions due to Project PRISM. Talks of continuing to run Project PRISM in the first quarter of 2022 is under way. **To find out more about YouthReach's engagements, follow our Instagram page @Youthreachedus**



OUTREACH



PROGRAMMES



*Stock image used

To find out more information about mental health and other programmes, you can reach out at 6690 5420 or email us at cic@boystown.org.sg or celynn@boystown.org.sg

STRESS MANAGEMENT TALK

Since 2021, the Clinical Intervention Centre (CIC) has been conducting Stress Management Talks and has also participated in a networking event with schools in the North-West district. Following the meaningful event, CIC formed a collaboration with Northland Secondary School to facilitate mental health discussion and education as part of their Values-In-Action (VIA) programme.

These talks are designed to help navigate some of the stressors or challenges that might affect mental health. It includes challenges we face on a daily basis, from problems with friends and family to serious mental health conditions such as depression and anxiety. Long-term and unmanageable levels of stress increases the risk of mental health problems such as anxiety, depression, substance use problems and bodily complaints.

SANCTUARY CARE

Rejoice!

5 Years of
Our Sanctuary
Care Service



(From Left) Dr Roland Yeow, Bro Dominic Yeo Koh, Mr Alex Yam and Ms Adrienne Sng.

Sanctuary Care (SC) celebrated its 5th Anniversary with a blast on 25 November 2021. The Mayor for North West District, Mr Alex Yam, graced the occasion together with the presence of honourable guests such as our respite carers.

The highlight of the event was the official launch of our Outreach Activity Respite Services (OARS). In line with SC's mission to provide support to low-income families with young children, SC has plans to grow this activity-based respite service. The OARS targets to promote Social Emotional Learning (SEL) needs of children through activities, camps, and excursions. This programme benefits parents who require a break while their children attend OARS before they resume their caregiving responsibilities. Another respite service known

as the Acute Respite Care (ARC) seeks to provide a support system to parents as they work towards in resolving their crises. The parents will then be able to render the best level of care to their children.

Apart from showcasing SC's services, the event provided an opportunity to show appreciation for the respite carers. These respite carers have opened their homes and hearts to care for children who came to them as strangers, despite having their own commitments and families to care for.

The celebration was a success and with the support from our stakeholders, SC strives to serve the larger community through our respite services.

Who WE ARE...

Boys' Town is a charity started in 1948 by the Montfort Brothers of St. Gabriel. We provide residential care, fostering, adventure therapy, youth outreach and other community and school-based programmes and services for over 1000 children and youths from disadvantaged and disengaged families. We are an Institution of a Public Character (IPC) and a member of the National Council of Social Service.

IMPORTANT NOTICE

REPORT SCAMS

Boys' Town is not organising the sale of ice cream and handmade pencils to raise funds. We have put up a notice on our website to notify the public of possible scams. The authorities would like to advise victims to lodge a police report.

If you encounter these peddlers, please check with us before making any donations. You may contact us during office hours, Monday to Friday, 9am - 6pm or call our duty officer at **9623 4732** outside office hours.

BOYS' TOWN FOSTERING SERVICES

CELEBRATING 65 YEARS OF FOSTERING WITH

#65 FOSTERING STORIES

2021 marks the 65th anniversary of fostering in Singapore and as part of the celebration, Boys' Town Fostering Services (BTFS) launched a virtual showcase #65FosteringStories on its Instagram account. Through #65FosteringStories, BTFS collected stories from 65 individuals in the fostering community in hopes to inspire and gather support for the foster families.



BTFS collected 68 stories from the fostering community and published 71 Instagram posts. Online personalities Tay Kewei and Melissa Koh were also engaged to extend the reach of the campaign by sharing their thoughts about fostering. Overall, BTFS gained 122 new followers, reached over 3,500 accounts and had over 35,000 impressions on Instagram.

We appeal to your generosity and kindness to help us raise **\$150,000** from **16 March 2022 – 31 May 2022** through this newsletter campaign. Donations received from this will help to support Boys' Town's operations and programmes. If you would like to donate digitally:

▼ Donate via
www.boystown.org.sg



SCAN TO DONATE

▼ Donate via PayNow **PAYNOW**

Using your bank's payment app, you can donate to us by keying in the Boys' Town UEN:

BOYS' TOWN FUNDRAISING
UEN: 201534576H007

For tax deduction purposes, kindly key in your information using the below template under Reference:
NL <space> NRIC <space> Mobile No.

BOYS' TOWN FUNDRAISING



SCAN TO DONATE



For enquiries, please call **6690 5420** or email info@boystown.org.sg

UNSUBSCRIBE

If you no longer wish to be on the Boys' Town mailing list, please e-mail us at info@boystown.org.sg or call **6690 5420**



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BOYS' TOWN
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