

*Igniting Brighter Futures Through the Spirit of Excellence*

## Crafting Confidence

### A Youth's Journey Towards Becoming a Professional Barber

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"I can't believe I'm in Australia, pursuing a dream I once thought was out of my league!" Patrick\* says to himself as he reflects on the long path that led him here, shaped by people who encouraged him at every step.

#### More Than a Label

As a young boy, Patrick struggled with deep, unresolved frustrations that surfaced as behavioural issues such as disruption, defiance and truancy. Labelled as a "difficult" student, he turned to alcohol and moved through life feeling unseen and unheard.

#### A Journey Towards Renewal

Patrick was introduced to YouthReach, the outreach arm of Boys' Town that works with vulnerable youths. He met a Youth Worker who did not look at him with judgment, but with understanding. In that safe space, Patrick learned to open up and regulate his emotions. That genuine support became the foundation of his transformation.

As YouthReach journeyed alongside Patrick, he uncovered a passion for barbering. He was especially inspired by barbers who took the time and effort to transform their clients, offering not just a haircut, but a renewed sense of confidence. When an apprenticeship opportunity came his way, he embraced it and was eager to learn.

#### Multiplier Effect for Good

Today, Patrick is a testament to the untapped potential of every young person. After refining his craft at a renowned shop and mentoring the next generation of aspiring barbers, he travelled to Australia to further his studies in the trade.

*"YouthReach did not try to "fix" me. They walked alongside me and reminded me that my past does not define my future."*

– Patrick

Your support can give youths like Patrick the belief and hope that they deserve. **Your support does not only change a moment. It changes the future.**

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Fostering, Unfiltered.



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Boys' Town



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\*Not his real name

## MESSAGE from our Executive Director

Dear Friends and Supporters,

As we step into 2026, our theme, **“Back to the Fundamentals,”** calls us to deepen our commitment to professionalism and ground our work in strong governance, accountability and purposeful impact for the children and youths we serve. This year, we will strengthen service excellence, develop our people and uphold the standards that sustain trust and long-term outcomes.

This is also the year of Sanctuary Care’s 10<sup>th</sup> Anniversary, marking a decade of providing respite care for our clients. I would like to take this opportunity to extend my

## Grounded in Professionalism, Growing with Impact

heartfelt appreciation to our donors and partners for your steadfast support. With shared values and strong foundations, I am confident and hopeful about the year ahead as we continue to make a meaningful difference together.

God Bless!

**Dr Roland Yeow**  
Executive Director



RESIDENTIAL  
SERVICES

## RS Family Day - A Celebration of Belonging

The Residential Services wrapped up 2025 with a Family Day which welcomed 120 participants at the Boys’ Town campus. It was a meaningful time for our residential boys and their families to connect and share moments of joy during the festive season.

From the kick-off, the atmosphere buzzed with excitement. Games, activities and a hearty buffet set the tone for a day of bonding and joy. The highlight was the crowd favourite Fashion Parade, where parents and children teamed up to design and model outfits, filling the room with laughter and

creativity. Adding to the year-end cheer was our Christmas gifting segment, where every participant received a thoughtful gift, an uplifting gesture that helped each person feel valued.

**Moving forward in 2026, this celebration reflects our continued commitment to professional excellence, creating experiences that strengthen relationships, build trust and support the holistic well-being of the children and families we serve.**



## CHAMPIONS BEHIND THE CHANGE

**Meet Sasikumar (or Sasi as we call him), a Senior Manager of Residential Services.** At Boys’ Town, we are shaped by leaders who are constantly improving so they can uplift others. One of them is Sasi, whose commitment to continuous learning has strengthened both his practice and his leadership. In July 2023, Sasi completed his **Postgraduate Diploma in Social Work at the Singapore University of Social Sciences.**

*“I wanted to expand my knowledge and understanding so I could contribute more meaningfully to our cause,” he shares.*

His academic journey has shaped him into a key leader who guides reflective conversations, supports thoughtful decisions and inspires colleagues to pursue further studies. Over the years, Sasi has journeyed with many residents as they prepare to reunite safely with their families.

When asked about the most meaningful part of his work, Sasi points to **seeing a child return home safely and confidently as one of the most rewarding experiences in his career.**

Sasi’s dedication, grounded in experience, continuous learning and a genuine heart for people, is what makes him one of our Champions Behind the Change.

# Transforming Lives through Multidisciplinary Care

CLINICAL  
INTERVENTION  
CENTRE

Boys' Town Clinical Intervention Centre provides tailored psychological and behavioural support for vulnerable children, youth, families and their support systems. We use a multidisciplinary, evidence-based approach to support individuals, families and the community.

## Therapeutic Interventions

Create a safe space to restore healthy routines and strengthen parent-child relationships.

## Individual and Family Counselling

Tailored sessions that equip clients, caregivers and families with evidence-based strategies to manage crises and strengthen care.

## Parenting consultations

One-on-one guidance to help parents navigate complex behaviours and emotional needs.

## Creative and expressive tools

Art therapy using drawing, painting and music to better understand their emotions.



## Training and Consultations for Schools and Organisations

On 17<sup>th</sup> January 2026, our Principal Clinical Psychologist, Dr Adrienne Sng, conducted two workshops for parents in St Patrick's School titled, "**Help! I'm Parenting a Gen Alpha**" and "**Boy-Centric Parenting**". The workshops offered guidance on fostering healthy parent-child bonds, giving parents greater confidence in building trust with their children.

# Growing Confidence, Connection and Courage

BOYS' TOWN  
ADVENTURE  
CENTRE

Boys' Town Adventure Centre and Sanctuary Care have introduced their enhanced biweekly **OARS Programme**.

Designed for children aged 7 to 11 from low-income families, the programme offers a safe space for those experiencing stressful home environments, while providing enrichment opportunities they might not otherwise have access to.

With its renewed emphasis on building confidence, accountability, relationships and emotional literacy, the programme integrates outdoor challenges, guided reflection, and tools such as emotion wheels and charts. These experiences help participants **deepen their self-awareness, understand others better, and build stronger relationships**.

At Boys' Town, we believe that **every child deserves the opportunity to discover their potential**. We hope the OARS Programme continues to make a meaningful and lasting impact on the lives of those we serve.



# Foster Parents Chit-Chats

FOSTERING SERVICES

On 24<sup>th</sup> January 2026, Boys' Town Fostering Services resumed our regular **"Foster Parents (FP) Chit-Chats,"** an informal platform for foster parents to share their experiences and strengthen their peer support networks. Foster parents enjoyed a warm exchange, sharing experiences and practical tips to better support their foster children.

The team is rolling out targeted workshops to better equip foster parents with practical knowledge and resources, especially when caring for children with higher needs. Through these workshops, caregivers gain additional skills and support to ensure every child receives the care they deserve.



## Fostering, Unfiltered

A six-part, in-person series aimed to educate the public about the foster care system. Join us to learn more about the realities and considerations for children requiring care. Upcoming sessions will feature foster parents sharing their caregiving experience.



Sign up at [bit.ly/BTFS2026](https://bit.ly/BTFS2026) if you are interested!

Scan QR code to sign up

## Overview of Boys' Town

Boys' Town is a charity started in 1948 by the Montfort Brothers of St. Gabriel.

### Our services include:

- Residential Services
- Clinical Intervention Centre
  - YouthReach
- Fostering Services
- Sanctuary Care
- Adventure Centre

We are an Institution of a Public Character (IPC) and a member of the National Council of Social Service (NCSS).

## IMPORTANT NOTICE REPORT SCAMS

Boys' Town is not organising the sale of ice-cream and handmade pencils to raise funds. 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. If you have any questions, please contact us at 6690 5420.

We appeal to your generosity and kindness to help us raise **\$150,000** from **16 March - 26 April 2026** through this Newsletter campaign. Donations received from this campaign will support Boys' Town's operations and programmes.

## JOIN US IN EMPOWERING CHILDREN AND YOUTHS:



can help us **conduct 1 counselling session** for a child or youth-in-need



can help us **run a short-term character development programme** for 10 - 20 youths in need



can help **support 2 months of daily meals** for a residential youth

Please do not mail cash. We encourage donors to donate electronically instead of by cheques.

<p>METHOD</p> <p><b>1</b></p> <p>PayNow</p>	<p>SCAN TO PAY</p>	<p>METHOD</p> <p><b>2</b></p> <p>(Credit Card)</p> <p>Boys' Town website</p> <p><a href="http://www.boystown.org.sg">www.boystown.org.sg</a></p>	<p>METHOD</p> <p><b>3</b></p> <p>Giving.sg</p> <p><a href="https://tinyurl.com/btnewsmar26">tinyurl.com/btnewsmar26</a></p>
<p>BOYS' TOWN FUND RAISING</p> <p>UEN: 201534576H007</p> <p>For tax deduction purposes, kindly key in your information under reference: <b>NL &lt;space&gt; NRIC&lt;space&gt; Mobile No.</b></p>			

All donations are non-refundable. If you have made an error in your donation or there was an unauthorised usage of your credit card, please contact us at 6690 5420 within 14 working days from the date of your donation.

Donations are entitled to 2.5 times tax deduction (if applicable). Personal information will be used for purposes related to tax deduction, fundraising, database management and communications, security screening and statistical analysis. Boys' Town will keep the personal data confidential and restrict accessibility to only authorised and need-to-know personnel, in compliance with the PDPA guidelines.

I understand that I can withdraw consent and request Boys' Town to stop collecting, using and/or disclosing my personal data for any or all of the purposes listed above by submitting my request via email to [cp@boystown.org.sg](mailto:cp@boystown.org.sg)



BOYS' TOWN  
**Residential Services**

BOYS' TOWN  
**Clinical Intervention Centre**

BOYS' TOWN  
**YouthReach**

BOYS' TOWN  
**Fostering Services**

BOYS' TOWN  
**Sanctuary Care**

BOYS' TOWN  
**Adventure Centre**

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If you no longer wish to be on the Boys' Town mailing list, please e-mail us at [cp@boystown.org.sg](mailto:cp@boystown.org.sg) or call 6690 5420