



The new life news

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A large, dark, and blurry photograph of a person, likely a woman, covering their face with their hands. The image is positioned on the left side of the page, behind the text.

For an 18-year old, having to say "good-bye" to close friends she had known for many years was devastating enough. At the same time, her parents quarrelled so often that the police had to intervene several times. Maybe, thought Jamie, the fear and pain will simply go away if she just ended it all...

"On the day that I first came to New Life, I felt really helpless ... I had thoughts of committing suicide, and I felt really depressed," recalls Jamie.

*Your
Friend*

when you most need one

Similarly, Mdm Theresa, aged 26, shared this sense of being overwhelmed by life's demands. Her husband, only 27, suffers from chronic illness. When his condition took a turn for the worse, he could no longer work.

She struggled to make ends meet, and care for her husband at the same time. Her future and her husband's looked bleak. Will he make it? If anything were to happen to him, what will she do? As his only kin, she not only had to care for him, she also had to work in order to pay the HDB bills, Power Supply bills, Town Council bills and more bills. And the expensive medication that he needed? She cried silent and lonely tears... tears which she could not let him see as she had to be strong for the both of them.

Just when all seemed lost, Mdm Theresa was referred to New Life. New Life's Family Life Centre promptly stepped in, providing a much-needed financial and emotional support, helping her to tide over the crisis. After 8 months of help, Mdm Theresa said gratefully, "To me, New Life was not just another organisation... it was a friend when I needed one."

Jamie, too, after receiving help from New Life, chirped, "I'm much happier now ... I can control my own feelings, not helpless anymore." Through counselling sessions over 7 months, Jamie had confronted her fears and problems, found courage to make changes and took steps forward. She says,

"I definitely feel much better after every session. Now, it's a 180 degree change for me."

Life is challenging, and sometimes, we are faced with seemingly insurmountable difficulties. In times like these, New Life reaches out and lends a helping hand and a listening ear, thereby empowering one to master life's transitions.

Although Mdm Theresa's crisis is not completely over, she, too, feels that the help she had received had given her the support to get back on her feet. Initially, she was reluctant to come forward to ask for "outside help". She is now thankful that she did. "Sometimes it's ok to ask for help ... when we take the first step forward, life will eventually get better."

If you know anyone in the community who is in need of family support services, please contact **New Life's Family Life Centre at 6892-0937**.

共同走过困境的朋友

十八岁的嘉敏在痛苦的时候曾想过结束生命。“我第一次到新生的时候，感觉很无助和沮丧。脑里有自杀的念头。。。 ”

二十六岁的特丽莎同样的也曾被生活的重担压得透不过气来。她的先生患病不能工作。生计和照顾先生的责任都落在她身上。两人的未来，每月的账单和昂贵的医药费常让特丽莎觉得无助。但她从来不愿在先生面前落泪。

就在彷徨无助的时候，特丽莎被介绍到新生家庭生活中心。经过八个月的财务与精神上的援助，特丽莎感激地说：“对我来说，新生不只是个机构，它是帮助我度过困境的朋友”。

嘉敏在新生接受了七个月的辅导后，也变得更加有勇气面对困难。她说：“我现在开心多了！”

生命是充满挑战的。新生愿在您需要帮助的时候伸出援手，伴您共度难关。

以特丽莎为例，她开始时不愿麻烦别人。但她后来发现外来的协助能帮她跨出那艰难的第一步，她的情况也因此渐渐好转。

如果在您周遭有需要类似帮助的人，请联络新生家庭生活中心。
电话：6892-0937



Built On Strong Foundation

NOT ONE, NOT TWO, BUT THREE



"Hao Ming not only enjoys going to school now, both his English and Mandarin vocabulary have greatly improved. He reads on his own accord and even converses in Mandarin at home!" Eileen enthuses, adding that English is usually the spoken language at home.

A clean and spacious environment. Ample classrooms. Spacious play areas. A dedicated dining area. These were what first beckoned Mdm Eileen Lim to New Life Childcare's doorsteps.

That was in 2001, when Eileen promptly enrolled Zi Ming, her eldest son, with New Life Childcare. Zi Ming went on to graduate in 2004 and is now doing well as a Primary Two student at Greenridge Primary School.

Zi Ming's experience was so positive that Eileen went on, in 2003, to enrol her second son, Hao Ming, then 3, in New Life Childcare as well. She had also begun to see beyond New Life Childcare's attractive physical environment and facilities which had first drawn her to enrol Zi Ming.

A shy and reserved boy by nature, Hao Ming initially refused to go to school back when he first started in N1. But after just two weeks, he began waking up by himself in the morning to go to school! Now 6, in K2, and about to graduate at the end of the year, Hao Ming's 4 years in New Life Childcare have been truly remarkable.

Mdm Shi Rui Ju, Hao Ming's Chinese teacher, noted his linguistic development, having taught him previously in N2 as well. "Hao Ming is more carefree and forthcoming in expressing himself in class now. He asks questions with a keen mind and interest in learning."

An early childhood educator for 11 years and a mother to an 18-year-old daughter herself, Mdm Shi believes in inculcating a love for

learning in the children through games and activities that awaken their curiosity. This love for learning forms a solid foundation for future achievements and the furthering of all aspects of learning.

Hao Ming's English teacher cannot agree more. "An educator needs to be patient, positive and to think on one's feet at all times," says Mrs Mary

Jacobs, who has under her belt a Diploma in Early Childhood and thirteen years of experience in early childhood education. An epitome of that same spirit herself, Mrs Jacobs finds every opportunity to prod her little students to ponder and analyse matters before speaking out, exposing them to general knowledge through newspapers, magazines and the internet. It is never too early to start the children on the path to understanding!

Clearly, Hao Ming and others like him in New Life Childcare have been set on the path to continual growth and excellence, built firmly on foundation blocks of the strong love for learning and deep character-moulding.

No wonder Eileen is full of gratitude. She credits the growth and development of Hao Ming and her two other sons to the persistent laying of solid foundation block by block by his teachers, and to the positive influence of friends in New Life Childcare.

Oh, did we mention that Eileen's youngest of three sons, Jun Ming, now 4, is also now in New Life Childcare's N2 class? Surely that should come as no surprise.



Do not confine your children to your own learning, for they were born in another time.
- Latin Proverb

我的阅读能力 进步了!

2006年6月2日对于这十二位学生而言，是值得感到自豪的时刻。他们被选定为首批加入新生所组办的Steady Readers阅读课程。并从3月起，勤恳地参与每周两次的学习。在学期结束时，他们十二位学生的测试不仅都及格，而且其中五位还考获非常优秀的成绩。这一天正是他们准备领取毕业证书的日子。

新生的Steady Readers阅读课程是为了帮助在阅读上遇到困难的小学生。在一位义工老师教导三位学生的模式下，同学们学习如何有效地掌握英文的会话，阅读和写作。这些技巧也加强了他们的沟通与整体的学习能力。

“这是个很全面性的阅读课程。”其中一名义工老师郑丽珍如此表示，“我在教导这些孩子的同时，获得了无穷的樂趣。”

麦秀蓉，另一位义工老师也赞同地说：“这些孩子学习如何通过语音来朗诵。而在这样的小组结构

里，让他们培养信心，在众人面前有自信地发表意见。”

家长刘太太在这个典礼上很骄傲地看到儿子领取毕业证书。她说：“这个课程能帮助那些英文较弱的孩子。我的儿子经常会害羞而不敢说话，但他在这个课程里却勇于发言，也更自信地阅读书本了。”

这个实验性的Steady Readers阅读课程是与群立小学合作的。学校代表，同时也是英文部主任，Mr Jumat B. Baba说：“我们向社群寻求学校老师以外的协助，来帮助孩子们。”他也为学生的进步表

示赞赏：“我看得出老师们都很认真地帮助孩子如何阅读。他们对教导孩子的热诚使他们很自然地想出有趣的方式，来提高孩子们阅读的兴趣。”



Staff News



Having been a staff on contract previously and a volunteer writer, she is no stranger to New Life. **Adeline Ang** joined New Life on **26 September 2006**, as a **Corporate Communications Executive** for a contractual period to aid in the organising of events, publicity and communications.



A bubbly personality that puts people at ease. It is no wonder that counselling and helping people are Sherlene's passion. With her background training in Social Work and Psychology from the National University of Singapore and social work experience with children, youths and families to boot, **Sherlene Wan** joined New Life on **1 November 2006** as a **Social Worker** in the Family Life Centre.

We bid farewell to Low Jan Nee (Administrative Assistant) who left New Life on 30 September 2006.

Announcements

1 Discover Character Camp

Date : 7 & 8 December 2006
(Thursday & Friday)
Time : 10 a.m. - 6 p.m.
Venue : New Life Community Services
Centre
Cost : \$45/-
Contact : 6892-4419
Email : youth@newlife.org.sg

2 Youth Adventure - Mt. Ophir

Date : 11-13 December 2006
(Monday - Wednesday)
Contact : 6892-4419
Email : youth@newlife.org.sg

3 Kidz Party

(For children aged, 7-12 yrs old)

Date : 29 December 2006 (Friday)
Time : 10 a.m.
Venue : New Life Youth Hub
Contact : 6892-4419
Email : youth@newlife.org.sg

How Can I Give in Support of New Life?

BY CHEQUE: Payable to "New Life Community Services Centre".
Please furnish your name, FIN/NRIC number, address, and contact number.

BY CREDIT CARD: Follow on-line instructions at
www.donation.org.sg/call_newlife_frame.html
(requires credit card number)

Donations received in current year are eligible for tax deduction in the following year. Until further notice, tax deduction will be twice the value of donations made. Individual donors need not claim tax deductions if they have furnished their full name and FIN/NRIC number, as New Life will submit details directly to IRAS.

For more help, contact **6892-0849** or
simmuliang@newlife.org.sg.

Our Programmes & Services

CHILDCARE CENTRE

Playgroup
Nursery
Kindergarten

YOUTH CENTRE

New Life Youth Hub
(Youth Drop-In Centre)
S.U.P.E.R. Kidz Club
School Social Work
(Zhenghua Primary School)
STEP-UP Programme
(Zhenghua Secondary School)

FAMILY LIFE CENTRE

Counselling
Legal Advice
Family Assistance
Family Life Enrichment
School Family Education Programme
(GreenRidge Primary School)

COMMUNITY HEALTH CENTRE

Home Care
Health Care

New Life Community Services Centre is
affiliated to

a full member of



Mastering
Life's
Transitions

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