

Wonder what happens at these SUG sessions? Here is a sample of what participants talked about during past SUG sessions run by MWS FAM@FSC.

Participants supported each other through validation, encouragement, and sharing of self-care tips.

Taking care of ourselves is for our children's future. We have to be well and start enjoying life.

– Fauzi



Participants benefited from learning about others' experiences.

It was hard finding a place with reasonable rent. Previously we had dual income, now I have to manage on my own. (You need to) expect a two-year lease.

– Bobby

Participants shared experiences navigating the legal system and resourced each other, such as books on co-parenting.

My child still needs his mother. I am reading up on how to communicate with my ex-spouse.

– Cheng

**not their real names*

To sign up or find out more about SUG, please contact:

MWS FAM@FSC
Blk 615 Hougang Ave 8, #01-402
Singapore 530615
Tel: 6330 1080 (office hours only)
Email: fam@mws.sg



On Your Own But Not Alone: FAM@FSC Divorce Support Group

Divorce can be a difficult and lonely experience. It can bring up strong emotions, such as loss and anxiety. Friends and family members may not completely understand how you feel. As a result, you feel disconnected, isolated and alone.

Do you desire to speak to people who can relate to how you feel, who have walked the journey you are now on, or who can give you practical advice that works?

This is where the **Strengthening Families Programme@Family Service Centre (FAM@FSC) Divorce Support Group (SUG)** comes in. The aim of the support group is to provide a platform for divorcing/divorced men and women to feel supported, to cope better with various emotions brought about by divorce, to gain some knowledge and skills in coping with divorce related changes, and to increase resilience.

In a support group, you may talk with other individuals who are going through the same experience and are working on their issues. Joining a support group can help you feel less isolated and give you the chance to learn how others have adapted to their situation.



MWS FAM@FSC will organise an SUG, based on the number of sign-ups. An SUG comprises 6 sessions.

SESSION 1: INTRODUCTION

Getting to know one another in their divorce journey

SESSION 2: NAVIGATING CHANGES

Sharing about the many changes that divorce has brought on

SESSION 3: MANAGING EMOTIONS

Sharing about the many emotions that have been encountered

SESSION 4: CO-PARENTING

Sharing about how to co-parent

SESSION 5: SUPPORTING CHILDREN

Understanding divorce through your children's lens

SESSION 6: MOVING FORWARD

Making new memories and traditions

SESSION DETAILS:

- Weekday evenings, 7 pm – 8:30 pm
- Online and face-to-face
- Minimum 5 participants per group
- Single-gender groups only

*Open to Singaporeans and PRs only

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In the group, I feel accepted. The counsellor encouraged us to share our struggles, making me realise I wasn't alone or wrong for feeling weak.

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– Elliot*, a former participant of MWS FAM@FSC Divorce Men Support Group
*Not his real name