

Riding the Waves of Change Smiling

A C3A Mental Well-being Curriculum

A Mental Health Awareness Course for Seniors

The COVID-19 pandemic has raised concerns about mental health issues in the community, and in particular, among seniors.

“C3A Mental Well-being Curriculum – Riding the Waves of Change Smiling” is a 6-hour workshop that introduces seniors to mental well-being, common issues that affect it and provides practical tips on how to build one’s resilience for successful ageing.

At the end of the workshop, participants will:

1. Be aware of common mental well-being issues faced by seniors.
2. Know of approaches, techniques, and resources to prevent and manage these common mental well-being issues.
3. Acquire a positive outlook toward ageing.

\$27 including GST
after NSA subsidy for eligible
seniors aged 50 and above



19 November 2022



9.30 pm – 5:00 pm



www.ccs.org.sg/nsa



education@ccs.org.sg



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