

**NEW!**

# C3A Mental Well-being Curriculum — Riding the Waves of Change Smiling

SkillsFuture Credit Eligible!  
GST subjected to individual course provider.

Nett Fee after NSA subsidy:  
**\$20**



Discover how you can strengthen your mental resilience and well-being, which are important factors of successful ageing. Join us to learn about mental well-being and the common issues affecting it.

In our daily lives, we may face stressors that affect our ability to experience life in a positive manner and could increase our vulnerability to mental health difficulties. Through experiential learning, this course will help you pick up practical tips to enhance and maintain your mental well-being.

At the end of the course, participants shall:

- ✓ Understand the most common mental well-being issues faced by seniors and why they occur
- ✓ Recognise the signs and symptoms of these mental well-being issues, and gain knowledge of approaches, techniques and resources to prevent and manage them
- ✓ Acquire a positive outlook towards ageing

Course Duration: 6 hours over 1 session

## This course is offered by the following course providers:

- Centre for Seniors
- Centre of Activity and Recreation for the Elders
- Credit Counselling Singapore
- En Community Services Society
- Family Central
- Institute of Technical Education
- Kampung Senang Charity & Education Foundation
- Nanyang Polytechnic
- Nanyang Technological University
- NTUC Learning Hub
- Photo-Art Association of Singapore
- Project Dignity
- Renhai Centre
- RSVP Singapore
- Society for WINGS
- Singapore Professionals' & Executives' Co-Operative
- Singapore University of Social Sciences
- Sustainable Living Lab
- The Singapore Association for Continuing Education
- Temasek Polytechnic
- Tsao Foundation



**FIND OUT MORE NOW**

