

# epworth moments

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Epworth Community Services  
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## ABOUT US

Epworth Community Services is a Social Service Agency (SSA) that helps at-risk children and youths from needy and disadvantaged families. We want to create a better world for them so that they can develop their potential. Our work focuses on promoting the mental well-being of children and youths by building strong families and imparting skills for resilient living.

## VISION

Strong Families, Resilient Living, Beautiful Minds

## MISSION

To reach out in Christian love, by providing quality programmes and services to all children, youths, parents and their families, of all language, race and religion, and nurturing each family member in body, mind and spirit.

## EPWORTH MOMENTS

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*Epworth Moments will be published semi-annually starting in March 2026.*

# Stronger Communities, Brighter Tomorrows

By Dennis Low

Deputy Executive Director, Epworth Community Services



Epworth Community Services has always believed that when people come together with compassion and purpose, lives can be transformed. This edition of our newsletter highlights the many ways our employees, volunteers, donors, partners, and supporters, continue to strengthen the fabric of care around our children, youths, and families. Each story featured here reminds us that building brighter tomorrows is truly a collective effort.

We begin with our Volunteer Workshop, where individuals from all walks of life came together to equip themselves with the knowledge and skills to serve meaningfully. Their willingness to learn and grow reflects the heart of volunteerism at Epworth, by showing up, standing together, and making a difference.

Our Employee Cohesion event and Chinese New Year lunch remind us that strong teams create strong impact. As we serve others, it is equally important that we nurture a supportive, joyful, and resilient workplace for our colleagues who give so much.

This year, we also celebrate a remarkable milestone for 10 years of Epworth Foster Care. Over the past decade, dedicated foster families, social workers, and partners have given vulnerable children stability, safety, and love. Their commitment embodies what community care truly looks like.

We also pay tribute to our donors through our Donor Appreciation event. Their generosity fuels our programmes and ensures we can continue meeting evolving needs with excellence and heart.

We are excited to start Epworth Study Buddies and the Epworth Basic Literacy Programme, initiatives designed to support learning, confidence, and long-term development. Alongside these efforts, Project Catapult continues to empower children and youths coping with trauma, helping them rebuild strength and hope.

Thank you for standing with us. Together, we are building stronger communities, and shaping brighter tomorrows for every child and family we serve.





Let's Unpack That

# When School Stops Feeling Safe: Understanding Peer Pressure and Bullying

Not all wounds are visible. Learn how peer pressure and bullying impact children, and how we can support them with care and understanding.

By Sarah Wong

Assistant Manager, Epworth Centre for Positive Recovery

When we think of school, we often picture laughter in the hallways, friendships forming, and young minds growing in curiosity and confidence. School should be a place where children feel safe to ask questions, make mistakes, and discover who they are.

Yet for some children and youths, it becomes a space of silent distress. Experiences of peer pressure and bullying can leave invisible but lasting wounds.



## When Peer Pressure Becomes Harmful



Peer pressure is a normal part of growing up. The desire to belong, be accepted, and fit in reflects a core social-emotional need that shapes identity and self-worth.

However, when a child feels compelled to conform, is repeatedly excluded, or is intimidated into doing things they are uncomfortable with, these experiences may cross the line into bullying.

Bullying can take many forms, including verbal insults, social exclusion, physical aggression, and online harassment. Without timely support, its emotional impact can persist and deepen over time.

## How Trauma Can Show Up in Children

Trauma responses are not always obvious. Some children become hypervigilant, constantly scanning for signs of rejection or threat. Others withdraw, appearing quiet, disengaged, or reluctant to attend school.

Some may show irritability, defiance, or sudden emotional outbursts, while physical complaints such as headaches or stomach aches can signal underlying distress. These are often protective responses to feeling unsafe rather than intentional misbehaviour.



## Recognising the Signs Early

Recognising the signs early is important. Changes in mood, sleep patterns, friendships, academic performance, or behaviour may indicate that a child is struggling. Many children do not disclose their experiences due to shame, fear of retaliation, or worry that they will not be taken seriously.



## Responding with Care and Understanding



A trauma-informed response focuses on safety, empathy, and consistency. Caregivers can support by listening calmly and without judgement, validating the child's feelings, and communicating clearly that they are not to blame. Predictable routines and firm but fair boundaries help to restore a sense of security.

When we shift from asking, "What's wrong with you?" to "What happened to you?", we create space for understanding and healing.

## Supporting Children in Moments of Distress

In moments of distress, the priority is to help the child feel emotionally safe rather than to gather detailed information. Gentle presence, patient listening, and reflecting their feelings are often more supportive than repeated questioning.

Simple responses such as, "That sounds really hurtful" or "I'm here with you" can be deeply reassuring. When children are given time and space to share at their own pace, trust and emotional regulation can gradually be rebuilt.

If the distress persists or significantly affects daily functioning, seeking professional support is important. Early, trauma-informed intervention can help children process their experiences, rebuild confidence, and regain a sense of safety.



## Helping Children Thrive

Creating psychologically safe environments requires a collective effort. Caregivers, educators, and community partners all play a vital role in modelling respect, responding promptly to bullying, and fostering inclusive school cultures. When children feel seen, heard, and protected, resilience can flourish.

We believe every child deserves to learn in an environment where they feel safe, valued, and empowered to grow. By recognising the impact of sustained peer harm and responding with compassion and knowledge, we can transform everyday school experiences into opportunities for resilience and hope.

# Responding with Care: Simple Trauma-Informed Strategies for Everyday Moments

By Nicolette Lien  
Senior Executive, Epworth Community Relations

On 29 Nov 2025, Epworth hosted a workshop on the topic "Responding with Care: Trauma-Informed Strategies for Everyday Moments", for Epworth's volunteers. The workshop was facilitated by Epworth's very own staff, Ms Chee Yu Yan, from Epworth's Centre for Positive Recovery.

Volunteers from across different departments came together for an engaging session that enabled them to connect, share experiences, and learn from one another. Through interactive discussions and real-life examples, the workshop explored trauma-informed care and how simple, everyday interactions can be handled with greater empathy and sensitivity.

Participants learned how to recognise signs of trauma, respond calmly in challenging situations, and build a sense of safety and trust with beneficiaries.

They also had the chance to practise applying these approaches in realistic scenarios, helping to boost both confidence and practical skills.

The session was warmly received, with volunteers describing it as engaging, relevant, and helpful for their roles. At Epworth, we are committed to supporting our volunteers with meaningful learning opportunities, and this workshop is just one way we continue to nurture a compassionate and inclusive community.

Interested in joining us as an Epworth volunteer? We would love to hear from you—reach out to us at [volunteer@epworth.sg](mailto:volunteer@epworth.sg)

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# Walking Down Memory Lane: Epworth Foster Care Turns 10!

By Thong Ling Yun  
Senior Recruitment Officer, Epworth Foster Care

The journey of Epworth Foster Care began a decade ago with the belief that every child deserves a safe and nurturing environment to grow. Over the years, the team supported children and youths through times of change, and witnessed the incredible impact that stable and compassionate care can have. None of this would have been possible without the dedicated fostering community, whose unwavering commitment made a lasting difference.

On 6 Dec 2025, Epworth Foster Care celebrated this significant milestone with foster families, volunteers and guests. We are honoured to have Senior Parliamentary Secretary for Social and Family Development, Mr Eric Chua, to deliver the opening speech and present appreciation awards to foster parents, who journeyed with Epworth Foster Care for the past 5 and 10 years respectively.

The event was filled with laughter and smiles as everyone walked down memory lane and reflected on a decade of growth together. This was followed by a fun and engaging quiz segment and best-dressed family contest. It was truly heart-warming to see everyone connecting with each other and having a great time.

Looking ahead to the future, there is great anticipation for the next phase of this journey. The focus remains steadfast on the continued improvement of our service and ensuring that every client is well supported.

If you are interested to find out more about fostering, contact Epworth Foster Care at [fostercare@epworth.sg](mailto:fostercare@epworth.sg) (email) or 9119 8711 (WhatsApp).



# A Fun-Filled Staff Cohesion Day to Remember!

By Christine Teo

Senior Social Worker, Epworth Family Welfare



On 28 Nov 2025, Epworth staff gathered at HAPPEN@ Farrer Park for our annual staff cohesion event. This year's theme, Bite-Sized Battle, put our staff's creativity and culinary skills to the test.

Mr Dennis Low, Deputy Executive Director, opened the event with a warm welcome, encouraging everyone to connect and enjoy the time together.

Teams then rolled up their sleeves for the main challenge: creating a three-course, bite-sized menu within two hours. While some ingredients were provided, teams had to complete a series of fun, light-hearted challenges to earn credits for additional ingredients. It was a true test of teamwork under pressure! The venue soon came alive with prep work, plating, and coordination as teams worked against the clock.

After presenting their dishes, we enjoyed a scrumptious feast catered by Grain—a well-deserved meal after a morning of hard work.

The competitive spirit continued with a Scoop Challenge, where team representatives were blindfolded and competed to scoop as many printed "ingredients" as possible.

This was followed by an Epworth Trivia, putting our knowledge of Epworth to the test.

We also officially launched Epworth's corporate video, showcasing the work of our various departments and the people behind our services.

Mr Tan Khye Suan, Executive Director of Epworth celebrated the winning team and shared his appreciation to Epworth's staff. We also recognised our Long Service Awardees—Lim Seok Hwa, Amanda Koh, Sim Bee Lay, Hellen Goh, Dennis Ang, Ee Bee Geok, and Christine Teo—for their unwavering commitment and contribution.

To wrap up the event, staff stopped by a DIY oats station that was set up to promote health eating! Grateful to Pristine Oats, Mentos, Gardenia for sponsoring items for the event.

Here is to great food, shared laughter, and continued teamwork in the year ahead!





**FUN-FILLED  
STAFF COHESION DAY  
2025**



**WE PLAYED  
FUN GAMES...**



**...TRIED OUR HAND AT BEING  
MASTER CHEFS,**



**...SHOWED OFF OUR MASTERPIECES.**



**...AND LEARNT THAT TEAM WORK  
MAKES THE DREAM WORK!**

# A Heartfelt Donor Appreciation Luncheon

By Angeline Nah  
Acting Manager, Epworth Community Relations



The Community Relations team recently hosted a heartfelt Donor Appreciation Luncheon to honour our valued donors. Held at PARKROYAL COLLECTION Marina Bay, the event held space for warm connections, and reflection on Epworth's work and milestones, all made possible through the steadfast support of our donors. Set against a Peranakan theme, the event was a celebration of meaningful partnerships. Many of our donors have journeyed with us for years, volunteering their time, and supporting our work with their kind donations.

Touching video segments featured our various beneficiaries, including a set of foster parents and child whose story deeply touched many of our guests. These stories offered a glimpse into lives shaped by resilience, and hope, bringing Epworth's impact to life in a deeply personal way. Guests also received tokens of appreciation featuring beautiful artwork created by our beneficiaries.



Booths were set up around the room to showcase Epworth's services. These allow donors to chat with the various teams, and learn more about the support provided to at-risk children, families, and the wider community.



Epworth remains deeply grateful to our donors whose generosity continues to help us journey with the vulnerable in the community.



# Step Up for Empowerment

By Cai Huitian  
Assistant Manager, Epworth Family Welfare

Empower21 is a programme developed by Epworth Family Welfare to increase resilience in students through empowering them and their parents with relevant skills to face challenges.

With the support of Brands for Good, Epworth Family Welfare is able to deliver the programme to schools across Singapore. We are delighted to participate in Step Up for Empowerment on 31 Jan 2026 – a purpose-driven community walk organised by Brands for Good in order to support Empower21.

Our sincerest thanks to this ongoing partnership and the collective spirit of those who stepped up and walked alongside us. And to the rest, keep a lookout and join us for the next Step Up for Empowerment!



## Snapshots of Epworth Study Buddies and Basic Literacy Programme!



Epworth Literacy Basic Literacy Programme



Epworth Study Buddies



Epworth Study Buddies, our complimentary tuition-befriending programme, resumed on 4 Feb 2026. Epworth Literacy's Basic Literacy Programme (BLP) began on 7 Feb 2026, supporting children aged five to seven with learning challenges in building strong foundations for their literacy journey.

# A Joyful Start to the Lunar New Year

By Lillian Seow  
Executive, General Admin/Facility Management



Epworth welcomed the Lunar New Year with a joyful and heartwarming lunch, bringing staff together to celebrate the festive season. The gathering was filled with laughter, lively conversations, and a shared sense of togetherness as colleagues took a well-deserved pause from their daily work.

A highlight of the celebration was the traditional Lo Hei, where everyone gathered around the table to toss the yusheng high, exchanging well wishes for prosperity, health, and happiness in the year ahead. The cheers and smiling faces reflected the strong sense of community within Epworth.

Over a delicious spread of food, staff enjoyed the opportunity to connect, catch up, and strengthen bonds with one another. The atmosphere was warm and uplifting, a reminder of the meaningful relationships that support and sustain our work.

As we step into the new year, this celebration marked not just a festive occasion, but also a renewed sense of purpose. With hearts full and spirits lifted, we look forward to the year ahead with hope, resilience, and a shared commitment to journeying alongside the children, youths, and families we serve.



# Project Catapult: Supporting Growth Beyond Recovery

By **Soniya Selvaraju**

Psychologist, Centre for Positive Recovery

Led by the Centre for Positive Recovery, Project Catapult supported children who had completed trauma recovery programmes. The project focused on building resilience, confidence, and purpose among the children. It provided a safe and structured environment for continued growth.

Each child was paired with a volunteer mentor. Monthly Mentor-Mentee engagement sessions created consistency and trust. Mentors offered guidance, encouragement and steady support. Together, they set goals and explored new interests. Over time, the children began to share their hopes more openly.

The children also attended interest-based activities. These included singing lessons, cooking camps and art classes. Through these experiences, they discovered strengths they did not know they had. Confidence grew alongside new skills. Children who were once quiet began to participate more actively. Many looked forward to each session with excitement.

A key highlight was the learning journey to KidZania. The trip allowed each child to explore different career roles. Some shared their dreams of becoming firefighters. Others spoke about becoming bankers or healthcare assistants. One child said “I did not know I could become a firefighter”. Another reflected, “Maybe I can become a banker one day”. In that moment, confidence replaced doubt. For the first time, their dreams felt real.

As a staff member, I had the privilege of seeing the children blossom through mentorship. They spoke with greater confidence and set clearer goals for the future. They began to believe in themselves. These moments showed me the difference mentoring had made in their lives.

Sometimes, one caring adult can change a child's story. Project Catapult showed that mentoring works. It creates safety, builds hope, and opens doors.

Project Catapult was not only about recovery. It was about helping each child believe in what is possible. The programme has ended, but the growth continues. Our team remains committed to creating opportunities for every child to discover their potential and purpose.





# How can I make a difference?

## SUPPORT US

The important work of Epworth Community Services is funded primarily by generous well-wishers who strongly believe in our cause. We invite you to join us in making a difference in the lives of children and youths under Epworth Community Services.

*All donations are eligible for 2.5x of tax exemptions.  
If you require a tax exemption receipt, please email your full name,  
NRIC, and payment record to [admin@epworth.sg](mailto:admin@epworth.sg).*



[giving.sg](https://giving.sg)



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## VOLUNTEER WITH US

Volunteers play an important role in our programmes and services. Volunteers can choose to be engaged in ad-hoc, short- or long-term programmes and are matched to programmes according to their time and interests.

*For volunteering enquiries, visit [www.epworth.sg](http://www.epworth.sg)  
or contact us at [community.relations@epworth.sg](mailto:community.relations@epworth.sg).*