

DIVORCE SUPPORT SPECIALIST AGENCIES

Care Corner Centre for Co-Parenting

Blk 21, Eunos Crescent
#01-2983, Singapore 400021
t: 6258 0020
w: www.carecorner.org.sg/ccp.html
e: ccp@carecorner.org.sg

Opening hours:

Tue, Wed, Fri, Sat: 9am-6pm
Thu: 9am-9pm
Consultation by appointment only

HELP Family Service Centre

Blk 570 Ang Mo Kio Avenue 3
#01-3317, Singapore 560570
t: 6457 5188
w: www.helpfsc.org.sg
e: e-counsel@helpfsc.org.sg

Opening hours:

Mon-Fri: 9am-6pm
Sat: By appointment only

PPIS As-Salaam Family Support Centre

Blk 322 Ubi Ave 1
#01-591, Singapore 400322
t: 6745 5862
w: www.ppis.sg/social-services/as-salaam
e: as-salaam@ppis.sg

Opening hours:

Mon-Fri: 9am-5pm
Sat: By appointment only

Thye Hua Kwan Centre for Family Harmony @ Commonwealth

Blk 54 Commonwealth Drive
#01-566, Singapore 142054
t: 6357 9188
w: www.thkmc.org.sg/services_detail/thk-centre-for-family-harmony-commonwealth/
e: cfh_dssa@thkmc.org.sg

Opening hours:

Wed and Fri: 9am-6pm
Tue and Thu: 9am-9pm
Sat: By appointment only



TAKING A CHILD-CENTRIC APPROACH IN DIVORCE

Going through a divorce is never easy especially for the children. They struggle to come to terms with their parents' decision to separate. They may feel that they are the cause of the divorce. At times, they may even blame their parents for not trying to make the marriage work.

The Ministry of Social and Family Development appointed four *Divorce Support Specialist Agencies (DSSAs)* to encourage divorcing couples with minor children to adopt a child-centric approach in resolving conflicts. Support programmes are delivered by counsellors and social workers trained in divorce support work.

Parenting PACT (Courts' Referral)

Parenting PACT helps parents to understand the impact of divorce on their children, learn effective co-parenting strategies and practise self-care post-divorce. This is a 2-hour one-time group session for divorced parents with children below 21 years old.

Children in Between

The *Children in Between (CiB)* programme is an evidence-based programme developed by child experts to meet the needs of parents and children.

The parent component highlights ways in which children can be caught in the middle of their parents' conflict. The child component is a skills-based programme to equip children with the necessary skills to cope with their feelings.

CO-PARENTING FOR BETTER CHILD OUTCOMES

Supervised Exchange and Visitation Programme (Courts' Referral)

The *Supervised Exchange and Visitation Programme* helps high conflict families manage difficulties over child access matters. Families meet in a safe and supervised platform to protect the child's best interests. The end goal is to help parents co-parent effectively and build on the child's sense of personal and emotional safety.

Mandatory Parenting Programme

The *Mandatory Parenting Programme* is a one-to-one consultation with a counsellor for parents with minor children before they file for divorce. This programme helps divorcing parents make informed decisions regarding financial, housing and parenting issues that prioritise the child's well-being.

“Cooperative co-parenting helps divorcing parents make choices where their children can feel safe, loved and secure.”

Counselling

Counselling is offered as an individual, joint or family sessions to address the different needs. DSSA staff are committed to offer professional and holistic care and support during and after a divorce.

SUPPORT PROGRAMMES BY DIVORCE SUPPORT SPECIALIST AGENCIES

Below are some of the DSSA support programmes for families affected by divorce:

Care Corner Centre for Co-Parenting

- **Enlivened Hearts Women's Support Group:** The 4-session group work is designed to help women cope with the pain of divorce and to recover from the emotional trauma.

HELP Family Service Centre

- **Video Conference:** A direct video link service to the courts to apply for the enforcement of existing spousal and/or child maintenance orders.
- **RAINBOWS:** A peer support group to facilitate the emotional healing for parents and children.
- The **Big Brother and Big Sister (BBBS):** A befriending programme for children aged 10 to 16 who are affected by their parents' divorce.
- The **Family Enrichment Programme (FEP):** This programme provides opportunities for personal growth and development for families by strengthening their family support system.

PPIS As-Salaam Family Support Centre

- **M.A.W.A.R** Support Programme for Single Mothers: This programme provides support to divorced mothers with dependent children.
- **SALAAM** Support Programme: For children/adolescents who experience grief arising from loss of parents through divorce.

Thye Hua Kwan Centre for Family Harmony @ Commonwealth

- **Mindfulness Parenting:** This programme helps divorcing/divorced parents to improve their communication skills for better parent-child relationships.
- **Daddy's for Life:** A support programme to help divorcing/divorced fathers learn from each other's experiences, and build a strong relationship with their children.