



THYE HUA KWAN
MORAL CHARITIES

太和观 THK



Scan to Register

THK Family Services Integrated Domestic Violence Programme





FROM
HURTING
TO
HEALING



FAMILYHOOD
FROM HURTING TO HEALING



SAY NO TO DOMESTIC VIOLENCE

Strong and stable families are the foundation of a thriving society, providing a safe and supportive space for all members. Domestic violence goes against these core values and should never be tolerated. As a community, we all share the responsibility of protecting individuals that experienced harm, and encouraging them and those who have caused harm to seek help. By working together, we can create a safer and more supportive environment for everyone.



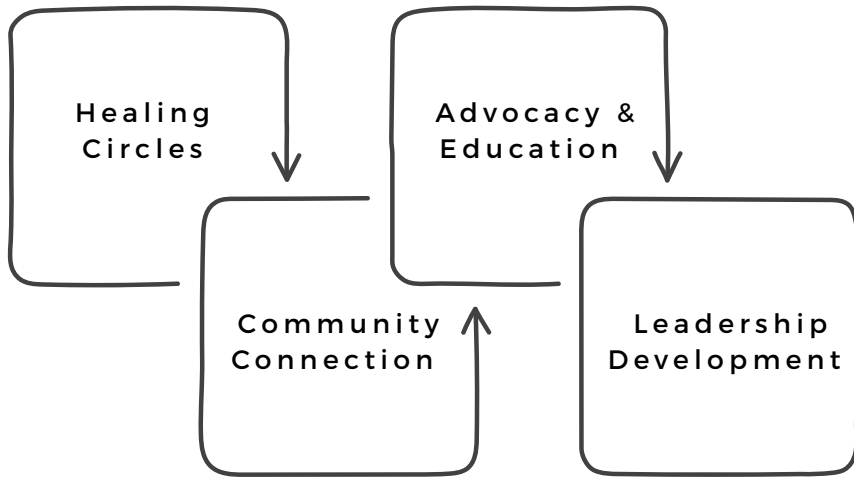
TOGETHER, WE CHAMPION A VIOLENCE-FREE SOCIETY

Since 2011, **THK** Family Services by Thye Hua Kwan Moral Charities has been strengthening family relationships and fostering a connected community. As a trusted support hub, we help families navigate life's challenges, including the impact of domestic violence. With our dedicated team of professionals, we have developed Familyhood—a holistic and integrated programme designed to support families on their journey to healing, reconciliation, and resilience. Together, we strive to build safer and stronger families.



Familyhood is an Integrated Domestic Violence Programme (IDVP) dedicated to healing, awareness, and resilience. Through a holistic approach, we empower individuals and families to break free from the cycle of violence and build a future of safety, strength, and hope.

The Four Pillars of Familyhood



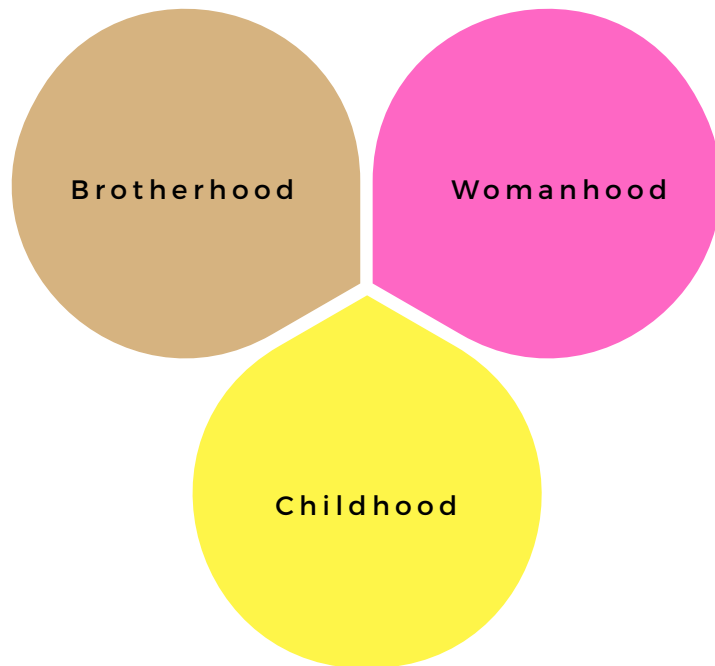
To deepen the healing journey, we will introduce Family Camp during the March school holidays. Designed for all members of the nuclear family, this immersive experience fosters emotional connection, resilience, and reconciliation through guided activities, creative expression, and meaningful conversations. By healing together, families can rebuild trust, strengthen their bonds, and move forward with renewed hope.



FAMILYHOOD

FROM HURTING TO HEALING

Familyhood offers dedicated groupwork for men, women, and children, providing a safe and supportive space for healing and personal growth.



Each group is tailored to address the specific needs and challenges of its members, ensuring that everyone feels heard and empowered on their journey toward self-improvement and fulfilment.

BROTHERHOOD

TO BE A BETTER MAN

Started in September 2019, Brotherhood is a Man Support and Treatment Group designed specifically to partner with men who have caused harm, to be part of the solution in ending the cycle of violence and preventing gender-based violence.



WOMANHOOD

STRONGER THAN BEFORE

Womanhood is designed to empower females who experienced harm in domestic violence by supporting them in building confidence and making informed decisions to regain control over their lives. It creates a safe space for affected individuals to build emotional stability and develop coping mechanisms to help them heal.



CHILDHOOD

THE COURAGE CIRCLE

Childhood is designed to provide children affected by domestic violence with positive opportunities to gain awareness and knowledge about adaptive coping mechanisms and apply them. Play-based therapeutic modalities are used to provide developmentally appropriate and trauma-informed intervention for children.





TOPICS COVER/ ACTIVITIES

OUTCOMES

- What matters most to us?
- Intent and actions.
- Emotional regulation strategies.
- Communication skills.
- What influences behavior?
- Restoring relationships with self and loved ones.

- Skills in emotional management.
- Deeper insights into the self.
- Repairing relationships with self and loved ones in a safe and trusting environment.

3-PHASES TRANSFORMATIVE PROCESS

Brotherhood is an treatment group comprised of three phases across 12 sessions.



WHO IS IT FOR

Males who are experiencing aggression towards their loved ones and are motivated to work on themselves and improve their relationships with others.

DURATION

July 2025 to February 2026
Saturday afternoons
(3-week intervals)

REGISTRATION PERIOD

Open throughout the year

CONTACT US @

THK Family Service Centre @ Bedok North

Tel: 6449 1440 / 9487 2880

Email: benang@thkmc.org.sg / loshini@thkmc.org.sg

**PHASE 1:
SELF-DISCOVERY**

- Exploring individuals' values system.
- Gain deeper insights into self.
- Challenge masculinity belief.

**PHASE 2:
SKILLS & KNOWLEDGE**

- Imparting knowledge and skills.
- Nurturing empathy toward their loved ones.
- Improving emotional regulation.

**PHASE 3:
REPAIR & RESTORE**

- Restore relationships with self and loved ones.
- Deepen commitment to stay violence-free.
- Become an advocate.

STRONGER THAN BEFORE

WHO IS IT FOR

This groupwork programme is designed for females who experienced harm in domestic violence.

DURATION

July to November 2025

REGISTRATION PERIOD

Registration closes on 20 June 2025

CONTACT US @

THK Family Service Centre @ MacPherson

Tel: 6741 4255

Email: macfsc@thkmc.org.sg | chee.ning@thkmc.org.sg

TOPICS COVER/ ACTIVITIES

- Strength-based therapy.
- Reframing their experiences and build a renewed sense of self-worth.
- Develop coping mechanisms
- Circle time, expressive art activities, and fun, meaningful games.

OUTCOMES

- Skills in emotional management.
- Gain deeper insights into self.
- Repair relationships with self.
- Moving beyond survival toward reclaiming identity, confidence and connection.

3-PHASES TRANSFORMATIVE PROCESS

Womanhood is a treatment group comprised of three phases across 8 sessions.



PHASE 1: RECOGNISING

- Focuses on building trust and emotional connection while fostering self-awareness among participants.
- Cultivating a sense of belonging within the group.



PHASE 2: REBUILDING

- Empowers participants to reframe their experiences and build a renewed sense of self-worth and personal strengths.
- Regains control that support their well-being.



PHASE 3: RESTORATION

- Restores trust, rebuilds social connections, and engages with the world in a more confident and empowered way.



THE COURAGE CIRCLE

TOPICS COVER/ ACTIVITIES

Play-based activities such as:

- Journaling and Scrapbooking
- Visualisation Activity
- Emotions Chart
- Emotions Wheel
- Emotions Mask
- Body Scan
- Role Play
- Clay Play
- Wishing Tree

OUTCOMES

- Empowered with internal resources to cope with distress.
- Restoration of participants' sense of safety and family relationships.

3-PHASES TRANSFORMATIVE PROCESS

Childhood is a treatment group comprised of three phases across 8 sessions.



WHO IS IT FOR

Children between 7 and 12 years old who have experienced and/or witnessed domestic violence.

CONTACT US @

THK Family Service Centre @ Bukit Panjang
Tel: 6767 1740 / 8855 4779
Email: bpfsc@thkmc.org.sg
nuur.hayyu@thkmc.org.sg

THK Family Service Centre @ Tanjong Pagar
Tel: 6270 6711 / 8718 8454
Email: tpfsc@thkmc.org.sg
venustangxiaofeng@thkmc.org.sg

DURATION

8 sessions, 2.5 hours per session

THK FSC @ BP:

- June 2025

THK FSC @ TP:

- November to December 2025

REGISTRATION PERIOD

THK FSC @ BP:

- 1 to 17 April 2025

THK FSC @ TP:

- 1 to 18 September

PHASE 1: SELF-DISCOVERY

- Exploration of the self and relationships with others.
- Psychoeducation on the impact of emotions on the self.

PHASE 2: SELF-SUPPORT

- Harnessing the use of all parts of the self, including the body and intellect.
- Allowing healthy expression of emotions, thoughts, ideas, wants, needs, curiosities and resentment.

PHASE 3: RECONNECTION & RECONCILIATION

- Active involvement of caregivers, safe adults in the community, and peers to support participants' healing and reconciliation.




HELPING HANDS

CARING
HEARTS

A LIFE FREE FROM VIOLENCE

At **THK**MC, we are committed to strengthening families through care and support. Our dedicated team provides family-centric programmes, including counselling, psychoeducation, and mutual support. Through group-based activities such as guided healing sessions, peer support activities, and interactive workshops, we create safe spaces for families to reconnect, share experiences, and grow stronger together. By fostering resilience and unity, we empower families to overcome challenges and build a brighter future.





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