Hope is important because without hope that a person can recover, it is easy to just give up in the arduous journey of life. Hope is the impetus that energizes both caregivers and PMHIs.

Acceptance is important because without acceptance one is stuck in the earlier phases of boredom, anger and denial. Having a mental illness results in both caregivers and PMHIs having to go through a bereavement process. The earlier and the more complete the process of acceptance of this life challenge, the earlier one can move on and head towards recovery.

Love is important because people who live each other for Allah’s sake and not for any personal gain will show extraordinary selflessness and be able to give unconditional love. Each PMHI needs unconditional love that allows him or her to recover well.

About Club HEAL
Club HEAL is a charity that aims to assist and empower people with mental health issues to regain confidence in themselves and others in their journey towards community reintegration. Public areas include its club HEAL Thrift Shop for more details.

Donations & Sponsorships
Club HEAL is an Institution of a Public Character (IPC), all donors will be eligible for 2.5 times tax reduction. Donations can be made by cheque to Club HEAL or by QR – available at our website. Visit www.clubheal.org.sg for further details or email us at admin@clubheal.org.sg.

Healing journey

Passionate service straight from the heart
Kak Ros is a compassionate, sensitive and approachable woman who is well-loved and respected by everyone in Club HEAL.

“Eye-catching movements and funny sounds make the sessions enjoyable. Kak Ros is very approachable and spontaneous on subjects like me more alert and relaxed at the same time.” – Khasnawah, 28.

“The Yoga class is very interesting. Slow-relaxing background music soothes the soul. Kak Ros gives us individual attention to make sure we strike the right pose. She does not pressure us but encourages us to do our best.” – Ashah, 47.

“I learn new things at each session because I like to observe and learn. I also think that Kak Ros reminds me of them. I like the breathing techniques she has taught us. When I feel anxious and stressed, applying these techniques make me feel more positive, calm and balanced.” – Daud Ajahia, 39.

Contact Club HEAL
Office: 6899 3463 (9am – 5pm weekdays)
Email: admin@clubheal.org.sg
Website: www.clubheal.org.sg

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Take a look for all you want right from your desktop. Visit our Facebook page Club HEAL Thrift Shop.

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