

365



防癌教育协会
Cancer Prevention Society



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► (QUARTERLY)

**COUNSELLING
SERVICES**
辅导服务

Counseling is also known as "psychological consultation", where the latter term is often used in the corporate world.

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CONTENT

365CPS COUNSELLING SERVICES 365CPS 辅导服务 Pg1

COUNSELING METHOD 心理辅导方式 Pg2

PATIENT STORIES-TAN MEOW GEK 抗癌故事 – 陈妙玉 Pg4

PREPARING YOURSELF DURING
CHEMOTHERAPY 准备妥当，化疗无忧 Pg6

FRAGRANT BRAISED CHICKEN 嫩香焖鸡 Pg8

SPECIAL THANKS TO OUR
SPONSORS 由衷感谢我们的赞助商 Pg9

REGISTER AS CLIENT 成为我们的会员 Pg9.1

VOLUNTEER WITH US 成为我们的义工 Pg9.2

UPCOMING EVENTS 近期活动 Pg10

365CPS COUNSELLING SERVICES

By Ms Kelly Kuo (HOD, Counselling & Training)

Counseling is also known as "psychological consultation", where the latter term is often used in the corporate world.

There are many factors which contribute to mental disorders, not being limited to physical afflictions but also through emotional, cognitional, social and behavioral maladjustments that wreak havoc with our mental wellbeing.

From a psychological point of view, there are different sides that everyone displays at various times - a beautiful, comfortable, joyful, open, relaxed side in times of joy and a painful, uncomfortable, grieved, sad and closed off side in times of crisis. Similarly, individuals tend to display their darker side under enormous physiological and psychological pressures following cancer diagnosis and treatment. They are not only confronted with a strong fear of death that causes them to feel lost and frustrated, but also lose hope for the future too. Furthermore feelings of hopelessness, anxiety, discomfort, depression, anger, lethargy or insomnia surface during treatment, and patients often feel like they are unable to escape from their difficult circumstances. This severely affects their quality of life and physical condition, placing extra burden on their psychological and physiological wellbeing.

All these are all very crucial aspects of one's well-being that 365CPS aims to assist in. Our counselling service is also specialized in such a way that we are also very concerned about caregivers and loved ones too, dispensing much needed emotional support for those who need it most through the counselling process. It provides the spark for them to overcome their challenges, opening the path to rebuild lost courage and confidence, as well as facing and winning over their deepest psychological fears. Individuals are thus able to look at themselves in new ways through this process of psychological adjustment, becoming more accepting and appreciative of their circumstances that allow them to bravely continue on their life journey.

365CPS endeavors to be a counselling centre for cancer patients, and counseling services are offered in both Mandarin and English. Through three kinds of psychological counseling, we can help and guide participants throughout

their process of cancer treatment and rehabilitation, helping them to rebuild much needed confidence to face life's challenges and strive to realize one's hopes and dreams. We offer:

- 1 One to one counseling**
- 2 Family counseling**
- 3 Group counseling**

At the same time, our counseling center also provides expressive art therapies as follows:

- 1 Art therapy**
- 2 Dance therapy**
- 3 Music therapy**
- 4 Drama therapy**
- 5 Game therapy**
- 6 Movie therapy**

Expressing oneself through artistic means is actually an immensely beneficial form of therapy, encouraging participants to engage in self-expression and association by throwing their fears and discomfort into art. Through their creations, they can find self-acceptance adjustment and affirmation in the process. With each step that they take, powerful feelings buried deep within them manifest and can be addressed, breaking their deepest fears and contributing tremendously to their mental rebalance and eventual wellbeing.

Let's listen to the rewarding testimonies and experiences of two life warriors who have just completed their psychological counseling. Also I would like to thank and wish all with great physical, mental and spiritual joy!



COUNSELING METHOD

ART THERAPY

Testimonial 1: **Tian Tian (Alias)**

As this was my first time participating in an art therapy workshop, I felt a weird mix of tension and curiosity at the beginning. After having been out of touch for a long time, I was rather nervous. But through the course of six sessions immersing in self-expressive group activities, this process has touched me tremendously which allowed me to learn more about myself on a deeper level. This is one of my personal creations that I am willing to display, an embellished mask that has allowed me to look at both sides of myself.

As the counsellor invited us to draw and express our feelings on the mask, my mind wandered back to my dark memories as I was undergoing painful treatment. The side effects of electrotherapy resulted in a dark and discoloured face that was similar to my emotional state at rock bottom, a world without colour or sunshine that was really excruciating. Not a day passed by without me thinking of my illness, and I was also unable to do simple things like drinking a glass of water without flare-ups. Without my personal faith, I wouldn't be here today. The right side of my mask was painted deep scarlet, representing the bloodstained and painful path that I took. The left side is coloured golden yellow, with green leaves as additional embellishments representing the hope and confidence that I feel about my life ahead. After I finished painting the mask, I looked at it and decided to stick a small head with a crown on the scarlet side. Why so? Perhaps I wanted a small reminder of the triumph over those painful and dark days that I endured, finishing the struggle with a crown of hope.

Art therapy sessions allow me to see my weak and soft side, which was a stark contrast to the strong and independent woman I perceived myself before my illness. But the devastating onset of cancer and treatment destroyed this illusion, exposing my vulnerable self that still brings a shiver to my heart even as I think about it today. Through this restorative journey of artistic therapy, I came to embrace and overpower these destructive thought patterns. This gave me a chance to break the shadow created by own negative emotions, helping me to face the days ahead (with a smile from my heart)!

ONE-TO-ONE

Testimonial 2: **Min Min (Alias)**

I am very grateful for being introduced to 365CPS especially for the healing that came with the counseling process, otherwise I would not have been able to walk out of the shadow of pain even till today.

After my husband passed on a guiding light within my heart disappeared, leaving me confused and lost in the journey of life. Although many close friends came to support me through house visits or tea sessions, I was unable to shake off the lingering sense of emptiness each time I returned home. Looking around at his favourite chair, mattress and possessions tears would flow as memories of happier times together flooded back. Nights were often spent awake as I was unable to forget the pain each time I closed my eyes, causing intense emotional stress as the days went by.

Over the course of 6 counseling sessions, this process of healing has helped me learn to let go of this great burden and finally putting my mind at ease. The counsellor engaged in therapeutic roleplay as a way of speaking to my inner self, allowing me to express hidden feelings and desires that lingered long after my husband's passing. This was a great help in allowing myself to finally embrace a semblance of closure, shifting my overwhelmingly negative state of mind to one that is now far more cheerful and positive. Honestly I still miss my husband dearly even till today, and sometimes I still cry when I think about him. But my life is now much better than before, and I am able to walk out of the house, visit friends and doing enjoyable activities without dwelling too much on the past. I am deeply convinced that I will bravely and courageously continue on this journey of life, and express my thanks towards 365CPS and my counsellor for making such a huge difference in my life!

365CPS 辅导服务

郭凯丽（辅导与训练部主管）

辅导又称为“心理咨商”。“咨商”一般都是在商业上常惯用的词语，也就是我们所谓的“辅导”，英文称为Counseling。

其实有很多因素会造成心理障碍的病因，除了生物学方面的原因，也有在情感、认知、社会、行为等的因素。

从心理学上来说，每个人心里都有美好、舒服、喜悦、打开、舒展的一面，也有痛苦、难受、委屈、悲伤、封闭的一面。同样的，罹患癌症本身就带来心理和生理上一个巨大冲击和压力，它不单带给患者对死亡感到恐惧，对人生感到沮丧和失落，以及对未来没有盼望之心理因素外，它亦带给患者在抗癌过程中，因病情所带来的疼痛而陷入绝望、不安、焦虑、忧郁、愤怒、疲倦或睡眠剥夺状态，导致心情掉入低谷，而大大影响生活品质和病情，无论对心理或生理上都带来重大的负担。这些都是365防癌教育协会非常看重的一环，我们以专门辅导癌症病患者为对象外，我们也非常关注其家属和照顾者(Caregiver)，希望透过辅导过程给予被辅导者情感上的支持，激励被辅导者摆脱生活困境，重新建立起信心和勇气，克服和面对心理障碍，从而更能认识自己、接纳自己、欣赏自己，而在心理调适上得到帮助和积极面对接下来的生活。

365防癌教育协会其中的目标是成为一家专门为癌症病人提供辅导服务的中心而且辅导服务以华语和英语沟通。我们将透过三项心理辅导服务方式，来帮助与引导对方在抗癌过程中，重新建立自信去面对生命的考验以及继续完成未来的梦想。辅导方式，如：

- 1 一对一辅导
- 2 家庭辅导
- 3 团体辅导

同时，辅导中心也将为需要者开设多项艺术治疗项目有：

- 1 透过绘画治疗
- 2 透过舞蹈治疗
- 3 透过音乐治疗
- 4 透过戏剧治疗
- 5 透过游戏治疗
- 6 透过电影治疗

艺术其实就是一种治疗，透过艺术鼓励当事人在【当下】进行时能自我表达和联想，将恐惧和不适感投入在艺术里，从而获得自我接纳、调整及肯定。同时也能缓和被辅导者在情绪上的冲突，并助于自我情绪表达、解开心结和心理调适。听听以下2位生命斗士经过心理咨商后的旅程心声。笔者在此祝福读者身心灵健康和喜乐！

心理辅导方式

绘画疗法

个案一：田田（假名）

这是我第一次参与绘画治疗工作坊，带着又好奇又紧张的心态参加，毕竟自己已经很久没有摸画纸和画笔了。透过6堂的自我创作绘画团体活动课程后，给我很多的感触，特别是让我更认识了自己。我愿意分享我个人的其中一个创作作品，就是透过【面具】创作来看见两面的自己。

当心理咨询师请我们自由在面具上作画的时候，画着画着就把我的记忆带到当时治疗的过程，那时候因着化疗引起的副作用，导致我整张脸是黑色的，没有阳光，我的心情真的是走到低谷，好痛好痛。每天的生活都不知道怎样的过…连一杯水都吞不下；如果不是因为个人信仰，我想我会结束我的人生。所以，我在面具的右边涂上朱红色，代表血迹斑斑疼痛的经历。我又在左边的面具涂上了金黄色，并用绿色叶子作点缀，以表示我接下来的人生是有盼望和有阳光的！两边面具画完之后，我决定在血迹斑斑的面具贴上了一个戴着皇冠的小人头，为什么呢？我想要表达的是，当我今天回头一看，哇，那段痛苦的日子，我挨过来了，我走过来了。

透过这一堂的绘画治疗，让我察觉到自己软弱的一面，生病之前我一直以为自己很坚强，因为一直以来我都是一个人生活，很独立的，怎么知道，当我生病之后，特别是在治疗的那段时间，才发现自己是如此的软弱，回想起那一段过程仍然心存恐惧…，当我安静下来透过绘画的过程，给了我机会重整自己对过去所带来负面情绪的阴影，帮助了我更有信心的面对接下来的日子（脸上发自内心喜乐的微笑）。

一对一辅导

个案二：敏敏（假名）

很感恩能够认识365防癌教育协会，特别是透过辅导过程，要不然我想今天我都无法走出悲伤。

我先生离开之后，整个人仿佛失去了方向、人生感到迷惘。虽然很多身边的朋友来探访我，或约我出去喝茶，但是每一次一回到家，心里就感到空落落的，涌进来的就是我和我先生的回忆，看见他的物品，我的眼泪就流，看到他过去每天坐的椅子，我就流泪，看着他睡过的床褥，眼泪一直流不停…每天晚上无法安然睡觉，一闭上眼睛就出现这些回忆，我真的很痛苦。

经过6次的辅导过程后，帮助了我从负面情绪逐渐转向正面情绪，特别是当心理咨询师藉着“角色扮演”的心理辅导方式，开启了我内心深处的钥匙，帮助我有机会透过“角色扮演”的心理辅导方式，把我心中还有很多未了的话能和我已故的先生诉说…真的给了我很大的帮助！老实说，到今天我心里任然会思念我已故的丈夫，有时候想着想着也会流泪，但我已经比之前好很多了，至少我能走出家门，与朋友见面，能去做我喜欢的事情了。我深信我会更好的走下去。谢谢365防癌教育协会、谢谢心理咨询师。

PATIENT STORIES:

Tan Meow Gek

Hi, my name is Tan Meow Gek, and I have worked for forty years in my life to pursue a fulfilling career. I have always wanted to learn new things and help those in need but these are always put on hold due to my hectic schedule. It was only when I have finally retired could I give back to the society by volunteering and continue pursuing knowledge by taking up a part-time course.

Life after retirement was simple yet rewarding, and it provided me plenty of satisfaction. However, my life was completely changed when I went for a routine body check on 2nd June 2016. The doctor told me that he has noticed something resembling a tumor from my mammogram results, and has advised me to go for ultrasound scans and a cell biopsy test as further investigation, and that was when I first felt that something was amiss.

My worst fears were confirmed after undergoing another

round of tedious checkup at NUH on 14 July 2016. Scan results revealed that I was afflicted with two tumors - a 4mm growth on my right breast as well as another on my right ear. Without much delay, I had no choice but to adhere to doctor's advice to swiftly arrange for surgery in September the same year.

The day of surgery on the 27th of September came, and I really hoped that the procedure will allow me to recover and resume my normal lifestyle. However, as I was receiving my anesthesia on the operating table, the surgery had to be prematurely terminated due to the constriction of my airways. I was really terrified by the experience and decided to put all treatments on hold while monitoring my current condition for 3 to 6 months before deciding on my next move.

During those difficult days, my anxious friends and family were very supportive and helped me to find other ways of treating my condition. Despite the challenges that stood in my way, I still strongly believed that the Lord will help me find a cure through His grace and glory.

While pondering over my next move, the Lord answered my pleas for help by guiding me onto a path that has not only provided physical care but also mental and spiritual support that are crucial in my fight with cancer. On 20th Feb 2017, sister Mdm Zhang Xiaoying introduced me to

the warm family of 365 Cancer Prevention Society (365CPS) where I subsequently participated in the activities conducted at the Day Activity Center (DAC). DAC's staff will prepare nutritious meals and fruit juices every Friday; these foods will help us to detoxify our body effectively. Besides teaching us about taking care of our diet, the Society has also creatively organized for us a variety of fulfilling activities such as lymphatic detox exercises, art and dance therapies, health and wellness talks, traditional Chinese medicine treatments and cooking classes with the aim of improving the quality of our mind, body and soul.

365CPS is continuously searching for new and meaningful ways to engage and motivate fighters like us and also included other activities such as line dance, music classes, Zumba and ukulele classes. Through insightful education, meaningful activities and dieting tips, 365CPS has uplifted my spiritual, physical and mental wellness tremendously. But most importantly, I believed that I had made the right choice to join 365CPS as I am greatly encouraged by the warmth and loving care of the staff members; they have given me immense support and encouragement and that has changed much of my perspectives in life.

To all those who supported and fought beside me, I offer my deepest thanks and gratitude for all the amazing experiences that I have enjoyed thus far! Your full and unrelenting love has allowed me to walk out of the shadow of cancer, facing tomorrow with a smile on my face no matter what happens. Through this, I know that the fight against cancer is never alone. To my fellow friends, thank you once again!



陈妙玉

我叫陈妙玉，我在职场工作了四十年。退休后，部分时间学习，部分时间做义工，日子就这样简简单单地渡过。自从去年（2016年）六月二日我到诊所做例常的身体检查，医生看到X光片有疑是乳腺瘤的东西，便建议做进一步超声波扫描与细胞穿刺检查。

七月十四日，我在国立大学医院经过一系列测试后，扫描报告显示右胸长了一颗四毫米的乳腺癌。约同一个时期，医生也发现我的右耳边有一颗瘤，于是建议我在九月动手术切除肿瘤。

九月二十七日，我在手术台上进行麻醉时，因呼吸道收缩问题，手术不得不终止。过后，我心里害怕，选择观察三个月到六个月才决定是否继续做手术。在那段日子里，我的家人和朋友都帮我四处打听，搜寻各种医治癌症的资料。我也有信心我的神会帮助我找到医治的方法。

今年（2017）二月二十日，张小英姐妹带我來365防癌教育协会，自从那日起我就参加了日间活动中心。中心每周五日都提供我们营养丰富的

膳食和排毒果汁。协会还为我们精心安排一系列的活动，例如健康排毒操、舞蹈治疗、绘画疗法、绘画班、中医理疗、健康讲座、烹饪示范等等。十月份除了增加了声乐课，还有排舞、尊巴舞和尤克里里（四絃琴）等活动，节目多姿多彩。

365防癌教育协会透过教育、活动与饮食使我的身心灵得到健康。协会职工的爱与关怀更让我深信留在这里调理是一个正确的选择这半年来，在协会的厨师、营养师、医师、导师、同工，还有支持小组与生命斗士们，都给我精神上极大的鼓励和扶持，在此我致以衷心的感谢。你们帮助我走出癌症的阴影，重建康复的信心。我也深深体会到我在防癌抗癌的路上并不孤单。朋友们，谢谢！



准备妥当, 化疗无忧

刘慧敏 营养师 365防癌教育协会



Jasmine Low, Nutritionist
365 Cancer Prevention Society

Preparing Yourself During Chemotherapy



Ensuing the latest quarterly article on the October 2017, this time round we will be focusing on fighting. Yes, you heard me right, we are not doing just any martial art but the art in taking cancer down. I hope that the previous article has provided sufficient and insightful information to help get you ready for chemotherapy, this time round we will work on getting you ready for chemotherapy.

Before the treatment begins, you need to understand the mechanism of the different types of chemotherapy. Curative chemotherapy works to eliminate all cancer cells from the body in order to achieve a permanent cure. Adjuvant chemotherapy aims to remove the remaining cancer cells that might be left in the body undetected after the primary removal surgery, this is known as a supportive therapy to prevent recurrences. Neoadjuvant chemotherapy is conducted before the surgery as the tumour is simple too large to be directly operated on, this therapy helps to shrink the tumour to make it possible for surgical removal. Lastly, palliative chemotherapy is carried out when it is no longer possible to remove the entire tumour cells. This therapy helps to relieve certain symptoms and delay the progression of disease.

However, many of the treatments that aim to kill off the cancer cells also attacks the healthy and rapidly dividing cells such as blood-producing cells, hair cells, cells of the throat, mouth and digestive system. You might face with several side effects such as hair loss, anaemia, diarrhoea, constipation and infections. Fortunately, these adverse side effects can often be prevented or the symptoms be relieved through proper nutrition and lifestyle maintenance. It is important for patients who experience diarrhoea to consume small frequent meals throughout the day and consume food that

are lower in fibre such as white bread, yoghurt, ripe banana and baked potato without skin. You should also avoid certain food such as tea, coffee, alcohol, milk and food that are oily and greasy as they can upset your stomach. For patients with anaemia, consume food that are higher in protein such as tofu, meat, beans and eggs. Replenish your body with food that are high in iron as well, such as sardines, tuna, dark green leafy vegetables like spinach and Kai Lan. Constipation happens when you get lesser exercise, or when the portion of food eaten is lesser than usual. Therefore, it is important to include food that are high in dietary fibre such as whole wheat bread, cooked vegetables, fresh fruits and nuts.

Hydrate yourself constantly. For both constipation and diarrhoea, it is vital that you get enough water. The process of diarrhoea causes a huge loss of water which may lead to dehydration, while water can help to ease the movement of food through the intestine to ease and prevent constipation. Certain medications used for the treatment may irritate the bladder or may cause temporary or even permanent damage to the kidney. Hence, it is important to drink at least 8 glasses of water to ensure a good urinal flow and frequency.

Think chemotherapy as a process to fight cancer, it is only going to be a chapter in your life and not the entire story. To end off this article, I have also included a recipe that is easy and nutritious to prepare. I urge family members to also get yourself involved and join your loved ones in the battle of cancer. Cancer may have started the fight, but YOU will finish it.

Jasmine Low

Nutritionist

365 Cancer Prevention Society

延续2017年10月我们最新一期有关癌症专题文章之势头，这一次我们将再重点探讨抗癌之道。是的，抗癌不只是一场战斗，而是要掌握如何与癌症正面宣战及战胜之道。我希望之前的文章能让您有做好接受化疗的心理准备，而这一次，我们则将与您分享化疗期间应注意哪些事项，把对自己的不适减至最低。

在化疗开始前，您应先对化疗有所了解。化疗共分为四大类：

- 1) 根治性化疗法 -- 主要是全面消除人体内的所有癌细胞，以达到完全治愈的目的。
- 2) 辅助性化疗 -- 在去除原发性移除手术后，继续清除尚未检测到的残余癌细胞，它也可被视为一种预防日后复发的支持性治疗。
- 3) 手术前化疗 -- 它主要是针对因肿瘤太大而无法直接进行手术所设。这类疗法有助于先缩小肿瘤，进而使切除肿瘤的手术较易进行。
- 4) 缓和性化疗 -- 在了解再无可能去除整个肿瘤细胞的情况下，此疗法将有助于缓解某些症状，延缓疾病的进展。

然而，多数旨在杀死癌细胞的治疗方法也如双面刃，同时也会攻击健康并加速分裂细胞，例如造血细胞、毛发细胞、咽喉细胞、口腔及消化系统细胞等等，都会在一定程度上受到波及。化疗期间，您可能得面对一些难受不适的副作用，如脱发、贫血、腹泻、便秘及感染等。但幸好，只要透过适当的饮食营养及维持健康生活方式，将有利于预防或减轻症状。一般上，出现腹泻的癌友在一天饮食里应尽量少量多餐，并摄取纤维量较少的食物如白面包、优格、熟香蕉及去皮烤马铃薯等。

同时，您也应戒茶、咖啡、酒精饮料、牛奶及油腻食品等严加戒口，因为它们会令您胃胀不舒服。至于贫血癌友，则应多食用豆腐、肉类、豆类及蛋类等蛋白质含量较高的食物。您应善用高量铁质的食物来补充身体能量，如沙丁鱼、金枪鱼、以及深绿色蔬菜如菠菜及芥蓝等。由于患病后身体活动量及食量都会锐减，因此也更容易造成便秘，这时日常饮食中应加入含丰富膳食纤维的食物，例如全麦面包、煮熟蔬菜、新鲜水果及坚果等。

您应时刻切记补充水分。无论是便秘和腹泻，让体内随时保有获得充足的水分都是至关重要的。腹泻会导致大量水分流失形成脱水，而水分足够则让食物在肠道内蠕动顺利，舒缓便秘情况。此外，用于治疗某些药物也可能会刺激膀胱，并对肾脏造成暂时或甚至永久性损伤。因此，每天喝足至少8杯水是很重要的，这样才能常保顺畅的尿流量及排尿次数。

保持乐观、尽量放松自己，把化疗视为一个抗癌过程，它只是您生命中一段小插曲，而非人生的全部。在此，我和大家一起分享一道简单易做的美味料理食谱。希望大家都能以阳光态度积极面对。我也恳请癌友的家人一定要在您的至爱身边全力支持，与他/她并肩勇敢抗癌。战争虽由癌症一手挑起，但您最终必能战胜它。

刘慧敏

营养师

365防癌教育协会



Fragrant Braised Chicken 嫩香焖鸡

Servings: 2 供二人享用

Ingredients:

2 Chicken Breast, skinless
1 tbsp Olive Oil
30 ml Water
1 Bay Leaf
50 g Red Onion, Diced
2 Dates, Pitted and Chopped
1 Dried Apricot, Quartered
Balsamic Vinegar
Sea Salt
Black Pepper

材料

2块鸡胸肉，去皮
1汤匙橄榄油
30毫升水
1片月桂香叶
50克红洋葱，切丁
2颗红枣，去核剁碎
1个杏脯，切成四份
Balsamic黑醋
海盐
黑胡椒



Method:

1. Pat the chicken dry and season with salt and pepper.
2. Heat the oil in a pan, add the chicken and cook until browned on both sides, about 7 to 10 minutes each side.
3. Add in the water and bay leaf, cover and reduce the heat to low and cook for 10 minutes.
4. Remove the chicken and keep warm.
5. Remove the bay leaf, add in the onion and cook until it softens.
6. Add the dates and apricots.
7. Drizzle some balsamic vinegar and serve.

做法:

1. 把鸡胸肉洗净擦干，再撒上适量椒盐拌匀入味。
2. 起锅烧热油后，加入鸡胸肉稍微油煎两面至金黄色。每面约煎7至10分钟。
3. 鸡胸肉煎好后，在锅子内加入水及月桂香叶，盖锅并把火关小，继续以小火焖煮10分钟。
4. 之后，取出鸡胸肉并保温待用。
5. 同时也把月桂香叶捞出，加入红大葱并继续煮至软。
6. 待红洋葱软后，加入红枣碎及杏脯。
7. 稍稍拌炒后，再加进之前煮好的鸡胸肉一起拌炒均匀盛盘，最后淋上些许Balsamic黑香醋，就能趁热享用。

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- CREATIVE MEDIA GROUP
创意媒体团

近期活动 UPCOMING EVENTS

一月份

6/1 - 爱心午餐于圣安德烈社区医院

二月份

3/2 - 爱心午餐于圣安德烈社区医院

三月份

3/3 - 爱心午餐于圣安德烈社区医院

15/3 - 爱心午餐于武吉巴督

24/3 - 爱心午餐于365防癌教育协会

星期一：淋巴排毒操，声乐课

星期二：排舞，绘画课程

星期三：生命加油站，烹饪课程

星期四：Ukulele课程，绘画课程

星期五：有氧舞蹈，卡拉OK

课程会有变动。若需要更多详情，请联络协会。谢谢！

January

6/1 - Love Lunch @ St Andrew's Community Hospital

February

3/2 - Love Lunch @ St Andrew's Community Hospital

March

3/3 - Health talk @ St Andrew's Community Hospital

15/3 - Love Lunch @ Bukit Batok Reach Youth Powerhouse

24/3 - Love Lunch @ 365CPS

Monday - Detox Exercise, Vocal Class

Tuesday - Line Dance, Art Class

Wednesday - Support Station, Cooking Class

Thursday - Ukulele Class, Art Class

Friday - Detox Dance, Karaoke

Lessons are subject to changes. Please contact the society for the specific details. Thank you!

365淋巴排毒操

Ang Mo Kio Town Garden West (Opp. AMK Community Library) Tue to Sat, 6.30am Helen @ 9655 0709	639 Bedok Reservoir Rd Badminton Court Thu, 8pm Bok Soon @ 9679 1686	Bishan Park Mon to Fri, 6am 丽清 @ 9171 1144	6 Potong Pasir Ave 2 S358361 Every Saturday, 9.10am (Except 1 st Sat of the month) 杨承璇@9002 2322
Bukit Gombak Stadium Mon to Sat, 7am 美美 @ 92250303	Commonwealth Field Mon to Sat, 7am Flossie @ 8198 9218	Blk 9 Holland Avenue Every Tuesday 8pm Monica @ 98292387	Hong Lim Park Mon, 6.15pm 丽清 @ 9171 1144
440 Pasir Ris Dr 4 Badminton Court Mon & Thu, 7.15am Bok Soon @ 9679 1686	704A Pasir Ris St 72 Mon to Fri, 7.30am Hai Wee @ 9451 1907	106 Simei St 1 Street Soccer Court Tue & Fri, 7.15am Judy @ 9799 3948	149 Simei St 1 Badminton Court Mon to Fri, 7.45am; Sat, 7.15am Bok Soon @ 9679 1686
494C Tampines Ave 9 Void Deck Mon to Sat, 7.30am Bok Soon @ 9679 1686	Tampines North East CC Wed, 8.30pm Leonard @ 9654 2760	257 Tampines St 21 Mon to Fri, 7.20am except Thu; Wed, 8.30pm 淑霞 @ 8288 4679	Bedok Reservoir Park Monday to Friday (Except Thursday), 7.50am, 翠玲 @90045360
9 Toh Yi Drive Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) Wong Lan Hiang@ 97940076	407 Yishun Ave 6 Mon to Fri, 6.30am 丽芳 @ 9878 5513		

关于我们

365防癌教育协会是一个被政府承认的社区慈善机构，也是一所以“防癌”和“抗癌”为中心的机构。

“防癌”，就是通过传达健康资讯和鼓励运动，教导大众过一个健康的生活。

“抗癌”，就是与病患及其家属并肩作战，通过食疗、调整生活起居以及控制情绪，来增强病患体内免疫系统，促进身心灵的健康。

365防癌教育协会是从“身、心、灵”三个方面入手，缺一不可。目前，协会开设的服务包括运动指导，如排舞和有氧舞蹈、食疗实践、心理辅导以及心灵关怀四大项目。

顾问团

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About US

365 Cancer Prevention Society is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

Our mission is to serve the community through cancer prevention measures. This is accomplished through health and nutrition education, promotion of healthy lifestyle and lymphatic detox exercise programs.

We also provide practical and emotional support and care for patients and their family members in their battle against cancer through residential and hospital visitations, counseling and therapy services.

As a non-profit organization, 365 Cancer Prevention Society depends on public donations to fund all its services and programs.

Advisors

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Legal Advisor: Mr Wu Yu Liang, Mr Choong Thung Cheong

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HOD, Counselling & Training: Ms Kelly Kuo
HOD, Fundraising & Marketing: Ms Choo Qi

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365 防癌教育协会 365 Cancer Prevention Society

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