



SUPPORT GROUP FOR SOUTH ASIAN EXPATS

The
life-changing
connections
from a Support
Group

**Every Saturday
Starting from
5th Nov 2016
10-11.30 A.M.**

\$70/Session

Scott
Psychological
Centre






UNDERSTANDING SUPPORT GROUPS

Several challenges can occur and change your normal routine, e.g. major illnesses, change in job, adjustment difficulties etc. However, you do not need to be alone during these hard times, a support group can help you. Support groups unite those who are facing challenges of similar nature: illness, relationship issues or life changing occurrences.

A support group consists of members who often offer their advice and share their personal experience. It is beneficial to speak to those going through the same problems as you. Different individuals often require varying types of support. Not everyone gets the best support from their family and friends, some find it more helpful to speak to those who are not in your immediate circle. A support group helps people feel less detached and can help make healthy connections with others with similar issues. Although it does not replace your regular medical care it assists on an emotional level.

A support group consists of members with similar beliefs, interests or health concerns. It commonly focuses on one situation or condition, e.g. breast cancer, heart disease, addiction etc. Support groups can be conducted in various forums, e.g. in person, on the internet, by telephone etc. They can have a leader who is a professional such as a nurse, social worker or psychologist or it may be led by group members.



BENEFITS OF SUPPORT GROUPS

Some groups have structure and intend to be educational, these groups may invite doctors, psychologists, nurses or other professionals. Other groups emphasise on the emotional aspect of the experience and offer emotional support and share experiences in a safe community. Despite the different formats in a support group, you can connect with others with similar challenges, Members can offer support and offer advice. Both of which help you improve your personal health.

OUR PSYCHOLOGIST /
GROUP LEADER

PIYALI
CHAKRABARTI

Piyali is a Singapore Registered Psychologist (SRP) and an Approved Supervisor recognized by the Singapore Psychological Society. She completed her M.Phil in Medical & Social Psychology (specialization in Clinical Psychology). Piyali had previously served as Head of the Department of Psychology at the Cerebral Palsy Alliance Singapore.



**Pre-screening required before group
assignment.**

**For more information or to Sign Up,
contact us via the following:**

EMAIL

workshop@scottpsychologicalservices.com

CALL

+65 6733 8919