



BASIC PSYCHOLOGY

This course aims to help participants gain better insight into the way they cope with stress and enable them to apply the Cognitive Behavioural Approach to their daily life.

Course Description

Interesting highlights of the programme include:

- Introduction to the Cognitive Behavioural Approach
- Challenging unhelpful thinking patterns
- Relaxation strategies
- Building healthier relationships
- Understand the symptoms of Depression and Anxiety

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Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) Sms 8123 7802 (Name + NRIC + Course Title)
- 3) Email to stellang@fyics.org

Payment Procedure

Payment can be made via cheque, cash or NETS
(Payment is required for confirmation of place)

Class Details

Course Date:

16, 23 March,
6, 13 & 20 April 2018
(Fridays)

Time:

2.00pm to 4.30pm

Closing Date for Registration:

2 March 2018

Venue:

298 Tiong Bahru Road, Level 10
Central Plaza, Training Room 1,
S(168730)

Duration

12.5 hours (5 sessions)

Course Fee

Fees Payable: \$60

(Can be paid with SkillsFuture Credit)

Pre-requisites

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English

1. All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

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