



KEYS TO HANDLING MAJOR LIFE TRANSITIONS

To reduce level of stress when facing life stressors through better interactions with self, others and the external environment.

Course Description

Interesting highlights of the programme include:

- Identify coping stances used in handling stress
- Using the Iceberg method in discovering the stressful experience
- Recognise factors that shaped our expectations, beliefs, feelings
- Reconstruct a new functional coping experience

Back to National Silver Academy Course Listing – [Click here](#)

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@fyccs.org

Payment Procedure

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

Class Details

Course Date:

6, 13, 20, 27 June 2018
(Wednesdays)

Time:

2pm to 5pm

Closing Date for Registration:

31st May 2018

Venue:

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

Duration

12 hours (4 sessions)

Course Fee

Fees Payable: \$56

(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.

© Copyright Family Central. All Rights Reserved.