

MALAY/MUSLIM ORGANISATIONS NETWORK DIRECTORY OF PROGRAMMES AND SERVICES

Compiled by Eddy Asmara (MHA)

Correct as at Dec 2021



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**FACTSHEET FOR
4PM YOUTH EDGE**

Name of Programme	Youth Edge
Target Phase	Upstream
Target Group	Youths aged 11-20 with a family member who is currently or previously incarcerated
Frequency	Once a month, 3-4 hrs
Background	Youth EDGE is targeted to reach out to youths with family member(s) currently or previously incarcerated (e.g parent, caregiver, sibling). Youth EDGE aims to support and address the issues that youth are facing relating to incarceration. The overall goal is to empower the youth and their families/ caregivers and to reduce intergenerational offending by catering to the youth's needs. Youths are also assured a safe space to experience, develop and grow, in which they will continue to enrich others.
Objectives	The objective of Youth EDGE is to develop resilience in youths who have been impacted by incarceration of either their parents and/or immediate family members by a) Providing social-emotional support b) Enhancing youth's sense of self and esteem c) Providing opportunities for youths to acquire life-skills through prosocial activities d) Nurturing and developing potential youth leaders e) Providing additional support to youth and family
Administered by	Malay Youth Literary Association (4PM)
Programme Duration & Content	12 months programme consisting of: <ul style="list-style-type: none"> • Outreach and home visits (if needed) • Intake assessment • Induction x1 • Group Sessions x4 • Family Session x2 • Family Bonding x1 • Community Service Project / Learning Journey x2 (Planning & Execution) • Camp x1 • Graduation x1
Contact Persons	Ms Zainon Haron: zai@4pm.org.sg

**FACTSHEET FOR
GUA DA RELAK PROGRAMME**

Name of Programme	Gua Da Relak
Target Phase	Upstream
Target Group	Youths
Frequency	Once or twice a year
Background	Need to reach out to youth, especially the ones who are reflecting on their faith or looking to return to the straight path.
Objectives	<p>We needed an approach that appeals to the youth and content that resonated with them in terms of relevance and application, and hence this programme.</p> <p>An awareness project to communicate the message that Islam is about mercy, repentance and salvation. With these as the guiding principles, we are able to tackle social issues from a religious lens.</p>
Administered by	Dakwah Department of Sultan Mosque
Programme Duration & Content	<p>3 hrs</p> <p>Topics include on tattoos, gangs and drugs.</p>
Contact Person	Ms Shahrany Hassan: shahrany.h@gmail.com

**FACTSHEET FOR
NEW LIFE STORIES BEFRIENDING PROGRAMME**

Name of Programme	Befriending Programme
Target Phase	Upstream
Target Group	Children of beneficiaries aged 3 to 12 years old
Frequency	1 hour weekly
Background	<p>The Befriending programme is put in place to provide reading and learning opportunities to children of incarcerated parents so that they can have a fairer start in life.</p> <p>Learning Friends (volunteers) visit the children at their homes weekly to conduct pro-social and reading sessions through storytelling and befriending. With the Heightened Alert measures, sessions are moved online.</p>
Objectives	<p>Through our befriending programme,</p> <ul style="list-style-type: none"> • the children become motivated readers • learners with self-confidence to start school and be on par with their classmates • helps promote social mobility amongst the children of low-income families • improves and develops emotional skills such as expressiveness, behaviour, receptiveness and reading ability
Administered by	Volunteer Relations Team @ New Life Stories
Programme Duration & Content	A minimum commitment of 6 months once a week over an hour per session with one volunteer assigned to one child.
Contact Person	Ms Ain Zainal ain@newlifestories.org.sg

**FACTSHEET FOR
MAJULAH – HEROES LEAGUE**

Name of Programme	Heroes League Programme for At-Risk Youths
Target Phase	Upstream
Target Group	Tier 1-2 At-Risk Students/ Male & Female/ 13-16 years old
Frequency	1-2 Session(s) per week of 1.5 - 2.5 hours per session
Background	<p>Adolescence; a complicated and confusing phase of life for most. Yet, this is where one’s self (identity, beliefs and character) becomes increasingly susceptible to the environment and is eventually moulded to form unique shapes. Many adolescents struggle to balance between fulfilling their personal needs and expectations of the world.</p> <p>Heroes League aims to develop them through this inner crisis by surrounding them with positive mentors who are like the light and warmth of the Sun that allow plants to flourish. The key is to provide a safe haven for these students and motivate them to participate in more school-based activities that would instill a sense of pride and belonging.</p> <p>We call onto parents and teachers to be witnesses of personal growth. With tailored character-building activities, we will nurture students who embody the school spirit, ready to become changemakers in the community.</p>
Objectives	<ol style="list-style-type: none"> 1. Increase motivation in students to achieve their goals 2. Equip students with Social Emotional Competencies (SEC) and coping skills to overcome difficulties 3. Build and enhance students’ relationships with peers and adults 4. Enable and empower students to benefit the community through the planning of and involvement in a service learning project
Administered by	Youth Mentors from Majulah Community + Teachers from Discipline Committee
Programme Duration & Content	<p>9 weeks (thematic - Sports, Arts, Debate, Outdoor)</p> <p>20 weeks (year-long engagement - mixture of Physical, Virtual and Outdoor Sessions)</p>

	<p>Frequency: 1-2 sessions per week - duration subjected to School's request</p> <p>Content:</p> <ol style="list-style-type: none"> 1. Building rapport <ul style="list-style-type: none"> - Students and mentors establish a relationship through various thematic activities (Sports, Outdoor, Debate, Art) (ie Closely guided skills based workshops like barista 101, sports drills and tournaments. Mass participation in sports activities also contributed to enhancing team identity and setting strong foundations in communication skills. 2. Raising Consciousness <ul style="list-style-type: none"> - Students made aware of the consequences of their actions, increased ownership in self-development. (i.e. one of the main focuses in our mentoring engagement where Mentors will follow up with ongoing issues to ensure accountability and responsibility for their decisions/actions.) 3. Dramatic Relief <ul style="list-style-type: none"> - Students can be inspired by mentors, who play an important role in being a positive role model to them. (ie students will be assigned to mentors of their preference that will journey through with them till the end of programme) 4. Identity Exploration <ul style="list-style-type: none"> - Students explore and experiment their identities; may derive motivation and assurance from mentors. (ie emotional management workshop where students will reflect and understand their emotional triggers under small group settings where sharings are more intimate. They will also be guided to explore positive emotional management tips/practices) 5. Empowerment <ul style="list-style-type: none"> - Students are aware of the control they have over their own lives and take ownership of the decisions made. (ie selected students will get to plan out and run sports drills/tournaments/workshops under the guidance of a Mentor. One of the main focus is to amplify their leadership skills and to increase their self esteem in knowing the impact of their contribution)
Contact Person	Mr Muhammad Aminuddin: amin@majulah.sg

**FACTSHEET FOR
CNB DADAH ITU HARAM**

Name of Programme	Dadah Itu Haram Campaign
Target Phase	Upstream
Target Group	General public
Frequency	Monthly events
Background	To create ground up, community-nuanced anti-drug awareness activities with like-minded partners.
Objectives	To create and sustain anti-drug awareness through co-creation of activities with partners through introduction of healthy alternative lifestyles and empowerment through sharing of knowledge to the intended audience.
Administered by	Central Narcotics Bureau
Programme Duration & Content	Ongoing co-creation with Partners
Contact Person	Mr Iqbal Mohamed: Iqbal_Mohamed@cnb.gov.sg

**FACTSHEET FOR
ISLAMIC LEARNING @SINGAPORE BOYS HOME**

Name of Programme	Islamic Learning @Singapore Boys Home
Target Phase	Incare
Target Group	Singapore Boys' Home Residents
Frequency	Every Monday, 7.30pm - 8.30pm (1 hour, weekly)
Background	Assyakirin Mosque has been coordinating the Islamic program in roping Asatizah from WMC with the support of MUIS.
Objectives	<ul style="list-style-type: none"> • To spread Dakwah and guide the inmates with Islamic ethics • To create awareness on Islamic Learning • To share with them moral compass (peer pressure & problem solving)
Administered by	Assyakirin Mosque
Programme Duration & Content	Ongoing, (1 hour, weekly) Customized curriculum: Basic Fardhu Ain, Kisah Anbiya' & Youth Topics)
Contact Person	Ustaz Muhammad Aizat Zulkifli md_aizat@assyakirin.mosque.org.sg

**FACTSHEET FOR
EN-NAEEM RELIGIOUS CLASS IN SINGAPORE GIRLS HOME**

Name of Programme	Religious Class in Singapore Girls Home
Target Phase	Incare
Target Group	Girls Age 13 to 21
Frequency	3 sessions per week. Monday night (2 classes) Saturday afternoon (1 class) Total 6 hours a week
Background	<ul style="list-style-type: none"> ▪ Majority of these ‘girls’ are without basic Islam knowledge . ▪ Muis/Mosque interventions reinforce the commitment to facilitate this group in integrating into the society as a resilient and responsible member of the Muslim community. ▪ Mosque can bridge the gap and strengthen the ties between these girls and the communities. ▪ Mosques as a community network, encourage the girls to continue their Islamic learning after they have been released. ▪ En-Naeem mosque has been supporting the religious teaching to the girls since 2015. ▪ They request to learn solat and reading the Al-Quran. ▪ Few have attended the mosque alive.
Objectives	<ul style="list-style-type: none"> ▪ To guide the girls in reading the Al-Quran and know the story of why it is revealed. ▪ To spread rahmah and manifest it through our action ▪ To guide them with the right moral compass
Administered by	Ustazah Nadirah Hussin Programme Coordinator , FITRAH
Programme Duration & Content	<ul style="list-style-type: none"> ▪ Religious Session including Q&A (2hours per session) ▪ Syallabus Used: <ul style="list-style-type: none"> ○ Fardhu Ain ○ Iqra’ ○ Kids aLive ○ Asas-asas Fardhu ain
Contact Person	Ustazah Siti Nadirah Hussin: nadirah@ennaem.mosque.sg

**FACTSHEET FOR
ASSYAFAAH MOSQUE SPIRITUAL UPLIFTMENT PROGRAMME**

Name of Programme	Spiritual Upliftment
Target Phase	Incare
Target Group	Residents aged 16 to 21 years old
Frequency	1.5 hours weekly
Background	<p>The Spiritual Upliftment or religious classes started since 2014. Our engagements with the residents started with religious classes, outdoor activities like soccer & beach cleaning and community work at Assyafaah eg. Porridge packing/ distribution during Ramadan, Korban and Friday prayers.</p> <p>The initial plan was to provide in care and aftercare engagements but due to some limitations we managed to only provide in care engagements.</p> <p>During Heightened Alert (HA) period, sessions are moved online.</p>
Objectives	<ul style="list-style-type: none"> • To provide spiritual guidance to the residents through religious programmes and activities. • To provide assistance, in care and aftercare • To enhance their skills and provide financial assistance through mosque Social Development programmes
Administered by	Religious officers of Assyafaah Mosque
Programme Duration & Content	<p>The programme will be ongoing, and the content as stated below.</p> <p>Contents:</p> <ul style="list-style-type: none"> • Fiqh (Islamic Jurisprudence) • Quran • Aqidah (Belief) • Adab (Ettiquettes/ Moral)
Contact Person	Ustaz Huzaifah: huzafah@assyafaah.mosque.org.sg

**FACTSHEET FOR
SYARIAH COURT MARRIAGE COUNSELLING PROGRAMME**

Name of Programme	Marriage Counselling Programme (MCP)
Target Phase	Incare/ Family
Target Group	Couples who are applying for divorce
Frequency	Up to 3 counselling sessions (without minor children) Up to 5 counselling sessions (with minor children)
Background	<p>SYC's flagship Marriage Counselling Programme (MCP) was first introduced in 2004. In October 2018, MCP became compulsory with the amendment of the Administration of the Muslim Law Act (AMLA) to ensure that couples who plan to seek a divorce must first attend counselling. Following the legislative changes, MCP has been extended to cases with at least 1 party who is incarcerated.</p> <p>The MCP aims to save marriages. If reconciliation is not possible, the MCP counsellors will support the couples to work through their divorce amicably. For those with minor children below 21 years old, the MCP counsellors will engage the couples to consider their children's needs and well-being when making decisions. They will be equipped with co-parenting skills to reduce parental conflict, thus minimising the negative impact of divorce on children. MCP also connects divorcing couples and their children to national and community resources for additional and continued support.</p> <p>As part of MCP, couples can seek clarification from a pool of resource persons (Islamic religious teachers) on Muslim laws concerning marriage and divorce. This enables them to make informed decision.</p> <p>MCP partners Social Service Agencies to conduct MCP for about 3000 cases yearly. Apkim Resources currently conducts MCP for cases with at least 1 party who is incarcerated. The Syariah Court partners the Singapore Prison Service to provide training to partners to prepare them for this role.</p> <p>The MCP sessions are conducted by the counsellors through face-to-face sessions at Prisons. Inmates with dependent children will undergo up to 5 MCP sessions while those without children will undergo up to 3 MCP sessions.</p> <p>To facilitate holistic support for the inmates and their families, Apkim Resources will connect the inmates' families to Muis' FITRAH Office, for further support after the MCP.</p>

	<p>Besides accompanying families and children during visits, FITRAH's Community Befrienders provide emotional support during these difficult times.</p> <p>Beyond outreach, these Befrienders conduct home visits to better understand the needs of these families and offer the necessary info-referral for them.</p> <p>A total of 50 families have been referred and benefitted under this initiative.</p>
Objectives	The MCP aims to save marriages. If reconciliation is not possible, the MCP counsellors will support the couples to work through their divorce amicably and refer families to national resources where applicable.
Administered by	Syariah Court
Programme Duration & Content	3 to 6 months of MCP
Contact Persons	<p>Ms Fatimah Zohrah: Fatimah_Zohrah_AHEMED_GHANI@mccy.gov.sg</p> <p>Mr Mohd Khair: Mohd_Khair_AB_WAHAB@mccy.gov.sg</p>

**FACTSHEET FOR
PERGAS INSAN MUKMIN**

Name of Programme	Insan Mukmin
Target Phase	Incare and Aftercare
Target Group	Muslim Inmates (Tail end of sentence) Age range: 25 – 50 years' old Drug related offences
Frequency	Weekly
Background	<p>Insan Mukmin is a Pergas-led program curated specifically for the Muslim inmates in Singapore. The population of Muslim inmates in Singapore is relatively the highest when compared to inmates with other religions. This curriculum is built upon a mixture of spiritual, intellectual and counselling approach and content are curated by Pergas officers.</p> <p>The first Insan Mukmin pilot program was launched on 2015. Based on the feedbacks and studies collected from the pilot program, further developments are added to the program in terms of curriculum, method and structure of the whole program. Insan Mukmin 2nd Run started on 20 November 2020. The curriculum comprises of 3 phases in which phase 1 and phase 2 consist of <i>in-care sessions</i> and phase 3 consists of <i>after-care sessions</i>.</p>
Objectives	<ol style="list-style-type: none"> 1 To provide our Muslim Offenders the necessary skill sets of an Insan Mukmin. 2 To support their reintegration back into the family circle and community. 3 To decrease their addictiveness towards substance misuse and immoral related activities with the new found knowledge.
Administered by	PERGAS
Programme Duration & Content	<p>The 20 weeks Insan Mukmin programme can be broken down into three distinct phases:</p> <ol style="list-style-type: none"> I. <u>Muhasabah – Reckoning of Oneself</u>: Conducted four months before the participant's CBP emplacement II. <u>Taubah & Maghfirah – Repentance and Forgiveness</u>: Conducted two months before the participant's CBP emplacement III. <u>Mujahadah al-Nafs – Spiritual Struggle Against Oneself</u>: Conducted in the community at Masjid Al-Istighfar in Pasir Ris.

	<p>Phase 1:</p> <ol style="list-style-type: none"> 1. Muhasabah 2. Iman 3. Islam 4. Ihsan 5. Solat 6. Doa <p>Phase 2</p> <ol style="list-style-type: none"> 1. Taubat 2. Istighfar 3. Al-Khawf Wa Al-Raja' 4. Taqwa 5. Taqarrub 6. Amr Ma'ruf Nahy Munkar 7. Ukhuwwah 8. Amanah <p>Phase 3 (Aftercare):</p> <ol style="list-style-type: none"> 1. Introduction to Phase 3 2. Knowing our Rasulullah s.a.w via Qasidah Recital Session 3. Jenazah Management Course 4. Islamic Month Talk 5. Imam Bilal Readiness Course 6. Graduation Ceremony <p>In the aftercare phase at Masjid Al-Istighfar, participants will be assigned a befriender to initiate the first steps towards pro-social and positive support networks, and facilitating their participation in the various social activities organised by mosques.</p>
Contact Person	Ustaz Izzam: izzam@pergas.org.sg

FACTSHEET FOR FITRAH PROGRAMMES

Name of Programme	FITRAH Programmes
Target Phase	Incare and Aftercare
Target Group	Offenders, ex-offenders and their families
Frequency	<ul style="list-style-type: none"> • Incare services : Weekly • Aftercare services : Weekly to Monthly
Background	<ul style="list-style-type: none"> • FITRAH provides Incare services to offenders serving sentence in Prison. These are the Ritual Services and Religious Counselling through curated curriculum • FITRAH provides Aftercare services to ex-offenders to facilitate the reintegration and rehabilitation of ex-offenders into the community • FITRAH provides Befriending support to offenders' families (while incarcerated) and to ex-offenders. • Harness and connect beneficiaries to relevant community resources
Objectives	<ul style="list-style-type: none"> • Each component of the religious knowledge curriculum is curated with an aim at helping inmates make behavioural changes • Aftercare referral services provide opportunities to progress • Befriending as a form of pro-social support
Administered by	FITRAH
Programme Duration & Content	<ul style="list-style-type: none"> • Incare services <ul style="list-style-type: none"> ○ Ritual – weekly Friday prayers khutbah and annual Eid prayers khutbah ○ Religious counseling - weekly 2 hour sessions • Aftercare services <ul style="list-style-type: none"> ○ Befriending – up to six months (for families and ex-offenders)
Contact Person	Mr Mohamed Farik: Mohamed Farik OMAR@muis.gov.sg

**FACTSHEET FOR
AMP DEVELOPMENT & REINTEGRATION PROGRAMME (DRP)**

Name of Programme	Development & Reintegration Programme (DRP)
Target Phase	In-care / Aftercare / Family
Target Group	Malay/Muslim male drug offenders and their families <ul style="list-style-type: none"> • low risk – 1st and 2nd time offenders • preferably married with school-going children
Frequency	In-care – 5 sessions of 3-hour workshops Aftercare & Family – monthly engagements & on per need basis
Background	The DRP was developed in collaboration with Singapore Prison Service (SPS) to provide interventions for Malay/Muslim inmates in Drug Rehabilitation Centres and their families. The programme was first piloted in March 2017 and was officially launched on 17 November 2018. AMP is one of the case management vendors contracted by SPS to support ex-offenders' reintegration into society.
Objectives	The DRP aim to provide continuity of care and supervision to inmates throughout their time spent in prison and after they are released. This is via <ul style="list-style-type: none"> • case management and family assistance services to ensure that their developmental needs are met • breaking the cycle of drug abuse and underprivileged environment • filling the gap in the provision of seamless in-care and aftercare services
Administered by	Clients and their families are managed by a team of case officers (ratio of 1:25) and supported by a team of specialists in education, training and social services.
Programme Duration & Content	In-care <ul style="list-style-type: none"> • Average 4 to 9 months (depending on intake referral date) Aftercare & Family <ul style="list-style-type: none"> • 12 to 36 months depending on client's and family's need • Create network of positive support • Financial assistance and management • Economic empowerment i.e. employment and skills upgrading • Socio-educational development

	<ul style="list-style-type: none">• Referrals, counselling and other support
Contact Person	Mdm Hameet Khanee: hameet@amp.org.sg

**FACTSHEET FOR
PERTAPIS HALFWAY HOUSE NEW SPICE UP**

Name of Programme	New Spice Up (NSU)
Target Phase	Halfwaycare
Target Group	All mandated CBP client and Alumni client
Frequency	Weekly
Background	<p>New Spice Up Programme (NSU) is Pertapis HalfwayHouse (HWH) signature programme which consists of a series of life skills, developmental and family integration activities with the objective of improving self-worth, rebuilding family bonds and to eventually reintegrate into society s a positive and contributing citizen.</p> <p>Pertapis Halfway House wishes to strives to be the model social service provider for the community. The HWH wishes to expand and improve its services and methods to better serve the residents in their road to recovery from substance abuse.</p>
Objectives	<p>The Program will provide support to ex-offenders during Community Based Programme (CBP) in halfway house and after the incarceration of the ex-offenders in terms of socio-emotional and family relationship goals.</p> <p>Pertapis HWH partnering agencies to develop family support skills for residents.</p> <p>Organizing family reintegration platforms for residents, The Development sessions are once a month. The programme is oriented towards personal development through building self-esteem and renewing identity</p>
Administered by	Pertapis HWH Management, Program, Case Management and Movers Department
Programme Duration & Content	<p>90% of induction resident to undergo primary NSU</p> <p>80% of treatment phase to complete the intermediate and collaborative NSU</p>
Contact Person	Mr Muhd Sufian Mohd Salim: msufian@pertapis.org.sg

**FACTSHEET FOR
PBMUKS #PARADIGMA**

Name of Programme	#PARADIGMA
Target Phase	Halfwaycare
Target Group	Youths-at-risk (13-21 years old) at Community Rehabilitation Centre (CRC)
Frequency	Once a week.
Background	#PARADIGMA is a student-led initiative by PBMUKS where we aim to empower youths-at-risk to become active members of the society as well as reach their full potential with the help of ex-offenders who serve as mentors to the youths. In addition, we strive to bring about a sustainable paradigm shift towards a more inclusive society for reintegration as well as challenge the present stereotypes and stigma towards youths-at-risk and ex-offenders.
Objectives	<ol style="list-style-type: none"> 1. Provide a platform for all to interact, learn from each other and give back to the community 2. Eliminate stereotypes towards youths-at-risk and ex-offenders 3. Encourage ex-offenders to continue playing an active and positive role in the community
Administered by	Community Outreach Secretariat of Persatuan Bahasa Melayu Universiti Kebangsaan Singapura (PBMUKS)
Contact Person	Ms Siti Farhana: pendekatanmasyarakatpbumuks@gmail.com

**FACTSHEET FOR
PERTAPIS HALFWAY HOUSE BOLSTERING FAMILY & FRIENDSHIP**

Name of Programme	Bolstering Family & Friendship (BFF)
Target Phase	Halfwaycare/ Aftercare and Family
Target Group	Mandated resident
Frequency	First Family Visit to Halfway House which is the first Saturday
Background	<p>Bolstering Family and Friendship programme funded by Yellow Ribbon Fund, Pertapis HWH is progressing to engage in various activities to reach the objective set.</p> <p>A Family Workshop and Children Art & Minding activities Corner will be set up during the program.</p>
Objectives	The Program will provide support to ex-offenders during Community Based Programme in Halfway House and after the incarceration of the ex-offenders in terms of socio-emotional and family relationship goals.
Administered by	Program and Case Management Staff
Programme Duration & Content	1 day programme
Contact Person	Mr Muhd Sufian Mohd Salim: msufian@pertapis.org.sg

**FACTSHEET FOR
JAMIYAH HALFWAY HOUSE ART THERAPY**

Name of Programme	Art Therapy
Target Phase	<u>Halfwaycare/Aftercare</u>
Target Group	<ul style="list-style-type: none"> • All residents (Phase 2 & 3) • IslahCARE Alumni (Future)
Frequency	<ul style="list-style-type: none"> • Once a week • 3 hours per session
Background	<ul style="list-style-type: none"> • MOS Faishal launched IslahCARE Mural Project on 17/9/2020 • Conducted by in-house trainer • Very positive response from residents
Objectives	<ul style="list-style-type: none"> • Explore alternative rehabilitation process • Inculcate emotional & psychological expression through Art
Administered by	Jamiyah Halfway House (Darul Islah)
Programme Duration & Content	<ul style="list-style-type: none"> • Classroom • Outdoor (Mural, canvas etc) • Sharing their expression of their artwork
Contact Person	Mr Mohammad Faizal: faizal_abas@jamiyah.org.sg

**FACTSHEET FOR
JAMIYAH HALFWAY HOUSE FATHER'S SUPPORT GROUP**

Name of Programme	Father's Support Group
Target Phase	<u>Halfwaycare/Aftercare</u>
Target Group	Fathers & Divorcees
Frequency	Once a week
Background	<ul style="list-style-type: none"> • Collaboration with Centre For Fathering (CFF) • Learn Fathering & Parenting skills
Objectives	<ul style="list-style-type: none"> • Become positive & role model fathers • Improve their strained relationship • Save their marriage & family
Administered by	Jamiyah Halfway House (Darul Islah)
Programme Duration & Content	<p>Duration : Monthly Intake, 5 hours session.</p> <p>A 5-hour workshop for fathers with children up to 12 years old.</p> <p>The Power of the Father</p> <p>The Heart of the Father</p> <p>The Fathering Profile</p> <p>The 4 Core Functions of an Effective Father (Involvement, Consistency, Awareness and Nurturance)</p> <p>5-hour instructional, inspiring, and interactive workshop.</p>
Contact Person	Mr Mohammad Faizal: faizal_abas@jamiyah.org.sg

**FACTSHEET FOR
JAMIYAH HALFWAY HOUSE FAMILY EXCELLENCE CIRCLE**

Name of Programme	Family Excellence Circle
Target Phase	<u>Halfwaycare/Aftercare/Family</u>
Target Group	<ul style="list-style-type: none"> • Residents & family members • 50 – 80 participants
Frequency	<ul style="list-style-type: none"> • 6 months program • Once a month (One Sunday per month) • 5 hours per session
Background	<ul style="list-style-type: none"> • Collaboration with Mendaki since 2019
Objectives	<ul style="list-style-type: none"> • Improve family relationship • Stronger family support for the residents' recovery process
Administered by	Jamiyah Halfway House (Darul Islah)
Programme Duration & Content	<ul style="list-style-type: none"> • 6 family workshops • 4 learning journeys • 2 support group sessions
Contact Person	Mr Mohammad Faizal: faizal_abas@jamiyah.org.sg

**FACTSHEET FOR
JAMIYAH HALFWAY HOUSE MENTARI**

Name of Programme	MENTARI A Character Development Programme
Target Phase	<u>Halfwaycare/Aftercare</u>
Target Group	<ul style="list-style-type: none"> • New admission residents (1-2 months) • 20 residents per cohort
Frequency	<ul style="list-style-type: none"> • Modular • 8 sessions (2 hrs per session) • Once a week (weekday or weekend) • <u>An Outdoor Component</u>: This is to bring learning from classroom-type of environment to the outdoors, and will make learning and its application more attractive and relevant • <u>Invited Guest Speakers</u>: This is to bring realities of the world into the programme. Invited speakers would help to inspire confidence among participants.
Background	<p><i>Mentari</i> means a new beginning and a new life story. Participants transit into a new life after going through the less than desirable episode of their lives.</p> <p><i>Mentari</i> participants would be able to reflect, unlearn and relearn key areas of their lives, stemming from their involvement in undesirable activities.</p>
Objectives	<ul style="list-style-type: none"> • Reflect, Unlearn & Relearn positive lifestyle & attitude • Adopt positive mindset to complete the halfway house program
Administered by	Jamiyah Halfway House (Darul Islah)
Programme Duration & Content	<p>8 Sessions</p> <p><u>Following are modular outlines:</u></p> <p>Module 1: Why Am I Here? Where Am I Going To?</p> <p>Module 2: What Is Chaining Me? How to Let Go?</p> <p>Module 3: What is the LIFE I want to BUILD?</p> <p>Module 4: Do I Wait or Create? Finding Opportunities to Write My New Story</p> <p>Module 5: Going After My Goals: My Action Plan</p> <p>Module 6: Preparing for Challenges in the Journey</p> <p>Module 7: Building Resiliency & Dealing with Setbacks in Life</p> <p>Module 8: Taking that First Step To Write Your New Story</p>
Contact Person	Mr Mohammad Faizal: faizal_abas@jamiyah.org.sg


**FACTSHEET FOR
JAMIYAH HALFWAY HOUSE PROJECT HAPPINESS**

Name of Programme	Project Happiness @ Festivals
Target Phase	<u>Halfwaycare</u>
Target Group	<ul style="list-style-type: none"> • New admission residents (1-2 months) • 6 residents per project
Frequency	<ul style="list-style-type: none"> • 4 projects per year • 14 days per per project • CNY, Hari Raya, Deepavali & Christmas
Background	<ul style="list-style-type: none"> • Officially launched in 2019 • Refurbish 1 low income family's house per festive (CNY, Hari Raya, Deepavali & Christmas)
Objectives	<ul style="list-style-type: none"> • Maximize every resident's skills • Inculcate inter racial & faith
Administered by	Jamiyah Halfway House (Darul Islah)
Programme Duration & Content	<ul style="list-style-type: none"> • 14 days per project • Site visit for selection • Spring cleaning, painting, installation of electrical appliances, delivery of furniture • Handover ceremony (GOH MP)
Contact Person	Mr Mohammad Faizal: faizal_abas@jamiyah.org.sg

**FACTSHEET FOR
MENDAKI FAMILY EXCELLENCE CIRCLE (FA2 FEC)**





Name of Programme	Family Excellence Circle (FA2 FEC)
Target Phase	Family
Target Group	Family members (caregivers) of inmates or ex-offenders <ul style="list-style-type: none"> • Spouses • Parents • Children • Siblings • Relative
Frequency	<ul style="list-style-type: none"> • Fortnightly • 2 hours per session
Background	<ul style="list-style-type: none"> • To further support efforts under M3 FA2, MENDAKI specially curates Family Excellence Circle (FA2 FEC) groups as a platform for these families to network, share their challenges and best practices, whilst enhancing their capabilities and knowledge through the various learning opportunities provided. • The sharing sessions allow members to become part of the solution. • The social networks that are developed through FA2 FEC and the motivation that the groups provide for the members to attend learning programmes help participating members enhance their parenting skills, navigate the education system and be resourceful in seeking the appropriate assistance and programmes for their self-development as well as their families.
Objectives	<ul style="list-style-type: none"> • Create a safe and non-judgemental environment where members are engaged in open communication and sharing of experiences. • Allow members to gain strength and encouragement from one another, given the similar lived experiences members may share. • Review and reframe the challenges faced as important life lessons that will prepare members for the present and future. • Identify and draw upon the strengths of the individual and the collective group to help realise their aspirations for the future.
Administered by	Facilitators comprising of MENDAKI officers

<p>Programme Duration & Content</p>	<p>Members would follow 8 facilitated group work sessions to achieve the following outcomes:</p> <ul style="list-style-type: none"> • Be able to restory their family transitions from a problem perspective to an asset-based perspective. • Identify at least one core strength that will help build resilience in meeting the challenges of a family member’s incarceration. • Reconcile their emotions of anger and disappointment to one of hope for the future. <p>Session 1 The Ground – My life, so far Reviewing present realities and past stories of self</p> <p>Session 2 The Roots – My Beliefs Understanding how my past shaped my present</p> <p>Session 3 The Trunks & Branches - My Strengths and My Aspirations Using what I have to rebuild my life</p> <p>Session 4 The Leaves - My Resources and My Support Identifying the people that matters</p> <p>Session 5 The Fruits – My Appreciation Looking at Life’s gifts and Reframing the challenges</p> <p>Session 6 The Flowers – My Contributions Paying It Forward</p> <p>Session 7 The Forest of Life My Challenges - Standing Tall</p> <p>Session 8 ReStorying My Life New Stories, New Hope</p>
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	 <p>The diagram shows a tree with various parts labeled to sessions. The canopy is labeled 'Session 6: The Flowers: My Contributions' and 'Session 5: The Fruits: My Appreciation'. The leaves are labeled 'Session 4: The Leaves: My Resources & My Support'. The branches are labeled 'Session 3: The Branches: My Aspirations'. The trunk is labeled 'Session 3: The Trunks: My Strengths'. The ground is labeled 'Session 1: The Ground: My Life, so far'. The roots are labeled 'Session 2: The Roots: My Beliefs'. The title 'Tree of Life' is at the bottom center.</p>
<p>Contact person</p>	<ol style="list-style-type: none"> 1. Ms Noorhafiza Halifi noorhafiza@mendaki.org.sg 2. Ms Sri Khairanee Ahmad khairanee.ahmad@mendaki.org.sg

**FACTSHEET FOR
MENDAKI KELASMATEMATIKA@CC [KMM@CC]**

Name of Programme	KELASMATEMATIKA@CC [KMM@CC]
Target Phase	Family
Target Group	<ul style="list-style-type: none"> ▪ Families with children aged between 4 and 6 years old ▪ Programme is open for all i.e. no income criteria
Frequency	<p>Physical KMM@CC</p> <ul style="list-style-type: none"> ▪ 18 hours of interaction <ul style="list-style-type: none"> - 6 consecutive sessions - 3 hours per session <p>Online KMM or eKMM</p> <ul style="list-style-type: none"> ▪ 8 hours of online interaction <ul style="list-style-type: none"> - 4 consecutive sessions - 2 hours per session ▪ 4 hours of offline activities
Background	<p>MENDAKI used to run our Tiga M with partners such as PCFs, mosque-based kindergartens and MAECs to run the classes. Programme has shown its effectiveness as it is evidence based and progression of students are tracked in terms of LSP/LSM.</p> <p>With KMM@CC, we will be able to expand the partnership under the banner of M³ with MESRA and the CCs playing a key role in galvanising the MAECs to be involved in the engagement of participants/families. In this way, more families can benefit from the programme. KMM@CC also has a follow-up 4 sessions for family bonding activities.</p>
Objectives	<ul style="list-style-type: none"> ▪ To empower parents with mediated learning skills so that they can be effective mediators of their children’s learning and development. ▪ To strengthen the children’s basic numeracy skills to prepare them for entry into primary school. ▪ To nurture confidence, creativity and social skills in children through craft and interactive activities. ▪ To encourage family bonding in learn-through-play activities.
Administered by	KMM@CC is a collaboration between Yayasan MENDAKI and PA [Malay Activity Executive Committees Council (MESRA); the Citizen Consultative Committee (CCC); Community Club Management Committee (CCMC), Malay Activity Executive Committee (MAEC)] and MUIS

<p>Programme Duration & Content</p>	<div style="text-align: center;"> <p>KMM@CC</p> <p>Duration: 6 wks Mode: Physical</p> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%; text-align: center;"> <p>2 During first 2-hrs</p>  <p>Parents Participate in workshops conducted by trainers</p> </div> <div style="width: 30%; text-align: center;"> <p>Children Participate in interactive activities with facilitators</p> </div> <div style="width: 30%; text-align: center;"> <p>1 During last hr</p>  <p>Parents + Children Participate in interactive activities together</p> </div> </div> <div style="text-align: center; margin-top: 10px;"> <p>eKMM</p> <p>Duration: 4 wks Mode: Online via zoom (Digital devices are available for loan)</p> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%; text-align: center;"> <p>1 During first hr</p>  <p>Parents Participate in workshops conducted by trainers</p> </div> <div style="width: 30%; text-align: center;"> <p>Children Children will be engaged in self-directed learning (activity sheets will be provided)</p> </div> <div style="width: 30%; text-align: center;"> <p>1 During last hr</p>  <p>Parents + Children Participate in interactive activities together</p> </div> </div>
<p>Contact person</p>	<ol style="list-style-type: none"> 1. Ms Shazilla Shazilla.Noordin@mendaki.org.sg 2. Ms Siti Raudhah sitiraudhah.samsudin@mendaki.org.sg 3. Ms Syafiqah syafiqah.sulaiman@mendaki.org.sg

**FACTSHEET FOR
MENDAKI Homework Café**

Name of Programme	MENDAKI Homework Café (MHC)
Target Phase	Family
Target Group	<p>Primary 1 to Secondary 5</p> <p>MHC targets higher ability students who are scoring AL 1-4 (AL 4 75-79). These students are not necessarily struggling with their schoolwork but may get stuck while doing certain tricky questions and need help or hints in solving them.</p> <p>MHC also welcome students who do not have a conducive environment to do their homework at home due to circumstances such as home condition being too noisy, or not having ample space.</p>
Frequency	1.5 hour per session
Background	<p>MENDAKI Homework Cafe aims to provide a conducive environment for Malay and/or Muslim students to complete their school work. Conceptualised and piloted in 2011, MHC, together with community partners, aims to reach out and extend academic support and/or assistance to needy Malay and/or Muslim students. The scheme is open to primary and secondary school students and subjects covered are mainly English, and Mathematics and Science.</p>
Objectives	<p>This programme is designed primarily for students who are doing considerably well in their academic subjects, hence not needing tuition such as MTS but may require some support in doing their prescribed homework. The idea was to emulate a space for students to do homework.</p>
Administered by	<p>Qualified Tutors who tutoring for MTS (MHC) Volunteers who go through strict screening (e-MHC)</p>

Programme Duration & Content

MENDAKI Homework Café currently comes in 3 models:

MHC as a plug-in programme for Big Hearts Student Care Centre (BHSCC),
 MHC with partner-centres (schools, mosques, residence committee centres, etc)
 and MHC online (e-MHC).

While the basis and objectives of the programme is similar for the 3 models, the processes of getting students and tutors are different.

MHC Plug-in Programme with BHSCC	MHC Partner-run with partner-centres	e-MHC
<p>Total No of Centres: 7</p> <p>1 Boon Lay Garden PS 2 Chongzheng PS 3 Woodlands Ring PS 4 Yumin PS 5 Yu Neng PS 6 Greenwood PS 7 West View PS</p>	<p>Total No. of Centres: 4</p> <p>1 WeCare @Marine Parade >Marine Terrace Haven >Breeze RC 2 Al-Islah Mosque 3 Darul Ghufuran Mosque 4 Al-Islah Mosque</p> <p>NEW AY2022 5 M3@Woodlands 6 PPIS @Oasis 7 Marsiling PS 8 Aspire Institute</p>	<p>Total No. of Days Scheduled: 4 (Pending Commencement)</p>
<p>Total No of Students: 196 Levels: Primary School Registration mode: Through BHSCC</p>	<p>Total No of Students: 35 Levels: Primary and Secondary Registration mode: Through partner-centres</p>	<p>Total No. of Students: 77 Levels: Primary 4 to Sec 2 Registration mode: Through MHC Google Docs</p>

BHSCC and Partner-Centres of MHC

	<p>Under BHSCC and partner centres, the student registrations for MHC is within their own centre’s purview. BHSCC would decide which levels would follow the programme, usually with the school’s recommendation. Thus, administrative matters such as getting students details and information will be done by BHSCC. Likewise for partner-centres, student registrations are done through recommendation of the programme as required by families staying in the community. Both BHSCC and partner-centres would follow up on their students progress through the programme, while working closely with YM.</p> <p>Session duration: 1.5 hrs per week Tutor: Student ratio: 1:8-10</p> <p><u>MHC Online (e-MHC)</u></p> <p>The e-MHC model came about as an improved idea of the current MENDAKI Homework Café concept itself. Whilst maintaining its concept of providing assistance to students as they complete their homework and school assignments, e-MHC strives to reach out this support to a wider group of students of various levels and in more areas.</p> <p>e-MHC programme is also meant to be a “touch and go” type of service, meaning students would only be needing a few minutes of assistance to clarify specific questions before resuming their homework and other tasks, as opposed to the sustained attention required in learning under MTS. Hence, there is no need for them to physically be in the presence of a tutor or in a classroom for a prolonged period just to do their homework.</p> <p>Session duration: 1 hr/week Tutor:Student ratio: 1:15</p>
<p>Contact person</p>	<ol style="list-style-type: none"> 1. Ms Fara Abdul fara.abdul@mendaki.org.sg 2. Ms Sharifah Aadilah sharifah.aadilah@mendaki.org.sg

**FACTSHEET FOR
MENDAKI TUITION SCHEME (MTS)**

Name of Programme	MENDAKI TUITION SCHEME(MTS)
Target Phase	Family
Target Group	<p>Primary 1 to Secondary 5 school going students.</p> <ol style="list-style-type: none"> 1. Singaporean or Singapore Permanent Residents 2. Studying in full-time local government or government-aided schools and madrasahs 3. Obtained 75 marks and below in at least one of the tuition subject (English, Mathematics or Science) for SA2 2021 4. Studying in full-time local government or government-aided schools and madrasahs 5. For Chinese students, gross monthly total household income must be of \$4000 and below, or gross monthly household's per capita income of \$1200 and below 6. For Eurasian students, gross monthly total household income must be less than \$3000, or gross monthly household's per capita income less than \$800 7. For Malay/Indian/ Muslim students, there is no income criteria
Frequency	3 hours per week
Background	<p>With effect from 2022, MTS and CTP are streamlined and offered at over 80 centres around the country.</p> <p>MENDAKI Tuition Scheme (MTS) aims to provide quality tuition at affordable rates to help students attain better results in their school and national examinations. MTS is aligned to the Ministry of Education's curriculum and provides additional developmental activities and it is open to all primary and secondary school students.</p> <p>The scheme is jointly organised by Chinese Development Assistance Council (CDAC), The Eurasian Association (EA), Singapore Indian Development Association (SINDA) and Yayasan MENDAKI. The Self-Help Groups grant the tuition fee subsidy to the respective students according to race.</p>
Objectives	<ol style="list-style-type: none"> 1. Every student is inspired to learn

	<p>2. Every student gains confidence for examinations</p> <p>3. Every student improves in their examinations</p> <p>4. Every student looks up to their tutors as role models</p> <p>5. Every student aspires to do well in school and life</p>												
Administered by	Qualified tutors of which 80% are NIE trained												
Programme Duration & Content	<p>From Jan to October</p> <p>3 Hours a week</p> <p>Approximately 32 sessions per year</p>												
2022 Update	<p>1. For Malay/Muslim students, One-time \$10 Registration Fee The fee has been reduced to just \$10 per student, to make it more affordable and accessible to all.</p> <p>For Non-Indian/Malay/Muslim students,</p> <table border="1" data-bbox="571 896 1369 1191"> <thead> <tr> <th>Primary 1 to 3</th> <th>Primary 3</th> <th>Primary 4 to 6</th> <th>Secondary 1 to 5</th> </tr> </thead> <tbody> <tr> <td>2 Subjects \$169</td> <td>3 Subjects \$241</td> <td>2 Subjects \$241</td> <td>2 Subjects \$241</td> </tr> <tr> <td></td> <td></td> <td>3 Subjects \$349</td> <td>3 Subjects \$349</td> </tr> </tbody> </table> <p>Fees for non-Muslims are inclusive of a \$10 non-refundable registration fee and a \$15 non-refundable book fee. The respective SHGs may grant a fee subsidy to students of their community.</p> <p>2. Smaller Class Sizes With more qualified and committed tutors per student ratio, students can receive more focused attention to help them succeed</p> <p>3. More Comprehensive Academic Support P3-P6 Students can now register for up to three separate classes/subjects if they need stronger support to prepare for their PSLE.</p> <p>4. 82 centres islandwide (including online centres) Centre listing: https://www.mendaki.org.sg/centre_listing_category/mts-centre-listing/</p>	Primary 1 to 3	Primary 3	Primary 4 to 6	Secondary 1 to 5	2 Subjects \$169	3 Subjects \$241	2 Subjects \$241	2 Subjects \$241			3 Subjects \$349	3 Subjects \$349
Primary 1 to 3	Primary 3	Primary 4 to 6	Secondary 1 to 5										
2 Subjects \$169	3 Subjects \$241	2 Subjects \$241	2 Subjects \$241										
		3 Subjects \$349	3 Subjects \$349										

Contact	<ol style="list-style-type: none">1. Mr Mohammad Zahrin Abdullah (North West / Central District) mzahrin.abdullah@mendaki.org.sg2. Ms Norimah Salleh (South West District) norimah.salleh@mendaki.org.sg3. Ms Nadira Mohd Ardi (North East District) nadira.mardi@mendaki.org.sg4. Ms Kamalia Md Kamal (South East District/ Online Centres) kamalia@mendaki.org.sg5. Ms Sharifah Aadilah sharifah.aadilah@mendaki.org.sg
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**FACTSHEET FOR
HARUN GHANI EDUCATION FUND PELITA HATI**

Name of Programme	Pelita Hati
Target Phase	Family
Target Group	Offenders' Families
Frequency	Once a Year
Background	<p>The Malay Muslim represents a large number of the inmate population in prisons. As Muslims go through the month of Ramadan to fast and perform their night prayers, many families experienced Ramadan without their loved ones who are serving time behind bars. The absence of the loved ones affects the lives of families and especially the children as they go through key milestones of their lives without their father or mother. Particularly for Ramadan and Hari Raya where being together as a family has always been the focus, these families had to do it on their own without a loved one.</p> <p>Beyond providing educational support to vulnerable families, Harun Ghani Education Fund (HGEF) leads the "Projek Pelita Hati" initiative in collaboration with Ministry of Home Affairs (MHA), Singapore Prisons Service (SPS), and Central Narcotics Bureau (CNB) Dadah Itu Haram, to provide cheer and emotional support for offenders' families. As part of the initiative, HGEF will print Hari Raya cards to be given to offenders to pen personal and heartfelt messages to their children. Their loved ones may not be there with them but personalised messages from the cards are key reminders that the children are constantly thought of and that the incarcerated is asking for family's continued love and forgiveness. With this, HGEF hopes that the children can put their heart and mind at ease knowing that their incarcerated parents still care about them and cannot wait to return home to be with them. Such positivity will spur the children to concentrate and do better in school thus rebuilding their lives through education.</p> <p>Food and gift hampers will also complement the precious hand-written card so that the children and their caregivers could celebrate Hari Raya more meaningfully with new clothes and delicacies such as Rendang and Ketupat, Hari Raya cookies and not forgetting the customary 'Duit Raya' and vouchers for their other daily necessities.</p>
Objectives	The initiative will reach out to offenders' families from HGEF beneficiaries. Each family will receive a personalised Hari Raya card written by their incarcerated family member. Projek Pelita

	<p>Hati gifts Hari Raya hamper which often consist of a Hari Raya outfit, packets of Rendang and ketupat, Raya cookies, face masks, hand sanitizers, a beautiful flower display, supermarket vouchers and the customary Hari Raya green packets. Hari Raya should not be less meaningful with the absence of their loved ones as the community steps forward to help them celebrate Hari Raya.</p> <p>The initiative also aims to strengthen family ties with the offenders, and bring families hope and smiles during the blessed month of Ramadan and on Hari Raya. The incarcerated and their families would know that they are not alone during this joyous albeit difficult time and that the community is behind them to provide the emotional support and assistance to them</p>
Administered by	HGEF
Programme Duration & Content	Beneficiaries are invited to receive the gifts at the Pelita Hati Event. During COVID-19, the gifts are delivered to their homes.
Contact Person	Ms Haslinda Putri: harun_ghani_education_fund@yahoo.com

**FACTSHEET FOR
IMSSA -Support for Offenders' Families in Nee Soon GRC and MacPherson Division**

Name of Programme	Befriending Offenders' Families and Inmates	
Target Group	Families with children and youth	
Frequency	Approximately 2 Hrs/Monthly	
Background	Indian Muslim Social Service Association formed as a non-profit organization in 2004 to contribute to religious, cultural and racial harmony in Singapore. Our Family Development Committee aims to serve the community, especially the offenders' families with positive impact, immersing them into the community.	
Objectives	To provide befriending services to the Offenders' families, creating a positive environment and influence for family members, particularly for the younger generation to nurture in.	
Administered by	MHA, FITRAH (MUIS), SPS, IMSSA	
Programme Duration & Content	Mentoring Programme for children	<ul style="list-style-type: none"> • We just got the first referral for the first case by FITRAH. • Mentoring programme for Children compasses providing brotherly support for the children as they progress into their teenage years. • Guiding them with religious knowledge as a moral compass in making life decisions. • Work closely with family members/ caregivers to nurture the children in a positive environment.
	Monthly Ration for families	<ul style="list-style-type: none"> • Serving 10 families based on referrals given this year. • Monthly rations include basic necessities such as rice, biscuits, oil, dry goods, canned food. Households with children include

		cereals (based on case by case basis).
	Tuition for school going children	<ul style="list-style-type: none"> • Have yet to commence due to pandemic. • Families are usually referred to Mendaki Tuition first. • IMSSA has not received any referrals for us to conduct tuition yet.
	Joint Home visit with YRCP	<ul style="list-style-type: none"> • 45 Volunteers from IMSSA are part of the programme. This includes the family befrienders and inmates befrienders. • 7 Applicants have gotten the Prison Pass (Inmates Befriending) • Jointly organised a Children's Day Project with MHA to serve Children from offenders' families, providing 100 children from Nee Soon Central with stationery and goodies.
Contact Person	Ms Irfana: irfana.imssa@gmail.com Ms Jazeela : jazeela.imssa@gmail.com	

**FACTSHEET FOR
PEOPLE’S ASSOCIATION SHIOK SERIES’**

Name of Programme	People Association (PA) SHIOK Series’
Target Phase	Family
Target Group	Ex-Offenders and their Families
Frequency	1-2 day Courses
Background	<p>PA SHIOK Series’ was launched in January 2018 with MESRA. Collaborating with an ever-expanding network of Malay Muslim Organisations (MMOs), industry experts and personalities, the carefully curated initiative offers customised courses to support the learning aspirations and interest of the community.</p> <p>‘SHIOK Series’ of courses are refreshed thrice a year and every run will introduce trendy courses, co-curated by MMO, industry experts and personalities. The courses offer a diverse choice of courses from health and wellness, career related and interest based courses, to ensure there is something for everyone.</p> <p>To ensure more Malay/Muslim families can benefit from the programme, Family and Inmates Through-care Assistance Haven (FITRAH) will partner PA MESRA to identify families and ex-offenders to sign up for the SHIOK Series of Courses. PA MESRA will sponsor selected programmes under the SHIOK Series of Courses which include financial planning courses, children’s enrichment programme, art classes and fitness classes to enable families and ex-offenders to pick up new skills, develop self-confidence and deepen their family bonds through shared interest.</p>
Objectives	<ul style="list-style-type: none"> • Strengthen family ties <ul style="list-style-type: none"> ○ 5 "Languages of Love" Parenting Workshop ○ Café Hoping • Personal development <ul style="list-style-type: none"> ○ Personal Grooming For Work ○ Resume Writing Skills • Healthy living <ul style="list-style-type: none"> ○ Project Dance Fitness ○ Battle Rope ○ Too Sweet to Handle: Why Sugars are Good and Bad for You • Employability <ul style="list-style-type: none"> ○ SkillsFuture@PA Electrical Appliance Repair

	○ SkillsFuture@PA Painting, Varnishing and Woodcare
Administered by	People's Association
Programme Duration & Content	Varies
Contact Person	Ms Widyawilis: Widyawilis_SELAMAT@pa.gov.sg

**FACTSHEET FOR
NEW LIFE STORIES FAMILY PROGRAMME**

Name of Programme	Family Strengthening through family care & therapy
Target Phase	Family
Target Group	<ul style="list-style-type: none"> • Families of incarcerated parents with at least one child aged between 3-9 years old. • Every member of the household is engaged. • The incarcerated parent reintegrating back into the family system.
Frequency	<ul style="list-style-type: none"> • Through “Family Play Box” sessions- once every quarterly- 1h 30 mins session. • Frequency of personal counselling and/or family therapy depends on the level of need assessed.
Background	Cases referred by the Volunteer Relations team, Case Management Team, or as a result of assessments conducted by the Family Care & Therapy Team.
Objectives	<ul style="list-style-type: none"> • Improving protective factors to promote personal resilience, growth and prevent intergenerational incarceration. • Exercising ability to contribute to the development of the child/children. • Improve parent-child bond: experiencing and practicing new ways of communication. • Exercising choices through co-creation. Modeling listening, care, choice-making and affirmation. • Reducing impact of ACES for children: psychosocial support (befriending, reading & play therapy) • Resilient families
Administered by	Therapists (Family Care & Therapy Unit) supported by VR team & CM team
Programme Duration & Content	<ul style="list-style-type: none"> • <i>For Families</i> 2 years active until Thriving and/ till Parent EDR
Contact Persons	Ms Soraya Abdul Rahim: soraya@newlifestories.org.sg Ms Ain Zainal: ain@newlifestories.org.sg

**FACTSHEET FOR
BAPA SEPANJANG HAYAT ICAN PROGRAMME**

Name of Programme	ICAN
Target Phase	Family
Target Group	Fathers or Potential Fathers
Frequency	Monthly
Background	This is an interactive workshop that appeals to adult learning styles. Participants can expect to appreciate the importance of fathering involvement, explore vital skills for building lasting relationships with their children.
Objectives	In our sessions, we watch short video clips, interact with fellow fathers, process relevant exercises and equip the fathers with action tips to begin bonding with their children. It is designed to help fathers discover ways to build a close relationship with their children.
Administered by	Bapa Sepanjang Hayat
Programme Duration & Content	<ul style="list-style-type: none"> • 6 hrs per session <p>The seminar covers:</p> <ol style="list-style-type: none"> 1. A seminar version of fathering instrument (the only scientific assessment of fathering skills available) 2. A discovering your fathering 3. Pattern instrument – to help participants map their “fathering profile” 4. Seminar notes 5. Small group –to process material facilitated by trainers
Contact Person	Mr Bramsha: bramsha_osman@hotmail.com

**FACTSHEET FOR
BAPA SEPANJANG HAYAT NAVIGATING TEENAGE YEARS**

Name of Programme	Navigating Teenage Years
Target Phase	Family
Target Group	Fathers or Potential Fathers
Frequency	Monthly
Background	Most parents are deeply concerned about their teenager's future. The chances of your teens succeeding in navigating this increasing challenging world increases with intentional preparation. Your interaction with your children can build them up or tear them down.
Objectives	This well reviewed and interactive seminar is a primer for parenting teens. It provides parents with helpful developmental information on what teenagers need from them to build confidence and resilience.
Administered by	Bapa Sepanjang Hayat
Programme Duration & Content	3 hrs session We will explore the impact of different parenting styles on our teenagers. You will be informed, challenged and inspired in this workshop.
Contact Person	Mr Bramsha: bramsha_osman@hotmail.com

**FACTSHEET FOR
BAPA SEPANJANG HAYAT BREAKFAST WITH DAD PROGRAMME**

Name of Programme	Breakfast with Dad																									
Target Phase	Family																									
Target Group	Fathers or Potential Fathers																									
Frequency	Monthly																									
Background	Father child relationship is a significant factor in the emotional and cognitive development of a child.																									
Objectives	This workshop utilizes experiential learning methods to coach fathers to relate with their children. We do this in a way that appeals to their nature of being fun and active partners in parenting. CFF (BSH) creates an experience that is fun and impactful for both father and child.																									
Administered by	Bapa Sepanjang Hayat (BSH)																									
Programme Duration & Content	<ul style="list-style-type: none"> • 2 hrs session <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Time</th> <th style="text-align: center;">Activity</th> <th style="text-align: center;">Process</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">8.30am</td> <td>Introduction to Breakfast with Dad</td> <td>Understanding the importance of having breakfast time with your child</td> </tr> <tr> <td style="text-align: center;">8.45am</td> <td>Activity1: Hunter & Fire</td> <td>Knowing roles of father and child in the family</td> </tr> <tr> <td style="text-align: center;">9.00am</td> <td>Breakfast preparation</td> <td>Preparing a simple and nutritious breakfast by father and child</td> </tr> <tr> <td style="text-align: center;">9:15am</td> <td>Breakfast Time</td> <td>Quality time over breakfast</td> </tr> <tr> <td style="text-align: center;">9.45am</td> <td>Activity2: Awareness</td> <td>Knowledge and awareness in your child's world</td> </tr> <tr> <td style="text-align: center;">10.05am</td> <td>Activity3: Affirmation</td> <td>Importance of father's voice to child's Emotional health</td> </tr> <tr> <td style="text-align: center;">10.20am</td> <td>Feedback Session</td> <td>Q&A time for fathers Submitting of feedback form</td> </tr> </tbody> </table>		Time	Activity	Process	8.30am	Introduction to Breakfast with Dad	Understanding the importance of having breakfast time with your child	8.45am	Activity1: Hunter & Fire	Knowing roles of father and child in the family	9.00am	Breakfast preparation	Preparing a simple and nutritious breakfast by father and child	9:15am	Breakfast Time	Quality time over breakfast	9.45am	Activity2: Awareness	Knowledge and awareness in your child's world	10.05am	Activity3: Affirmation	Importance of father's voice to child's Emotional health	10.20am	Feedback Session	Q&A time for fathers Submitting of feedback form
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Contact Person	Mr Bramsha: bramsha_osman@hotmail.com																									

**FACTSHEET FOR
NEW LIFE STORIES FAMILY STRENGTHENING PROGRAMME**

Name of Programme	Family Strengthening Programme
Target Phase	Aftercare; Inmates & Family in Transition
Target Group	Inmates, both males & females and their families, particularly children
Frequency	Minimally an average of 6hrs per month, depending on safety and risk issues
Background	Cases are referred from Prisons, Social Service Agencies. Others are from walk-ins
Objectives	<ul style="list-style-type: none"> - Provide meaningful engagement and positive role modelling with the children to prevent intergenerational incarceration. - Enhance positive relationship between Papas & Mamas and their children to reduce re-offending - Connect the families to community resources such that the families could improve their quality of life and increase community inclusion for the families.
Administered by	New Life Stories Case Management Team
Programme Duration & Content	Duration is between 1 – 3years, depending on the needs of the families.
Contact Person	Ms Ain Zainal ain@newlifestories.org.sg

**FACTSHEET FOR
PPIS CUT THE LONELINESS: BRIDGE CONNECTION**

Name of Programme	Cut the Loneliness: Bridge Connection Group Psychotherapy Programme for Women Ex-Offenders
Target Phase	Aftercare; Inmates & Family in Transition
Target Group	The 3-year programme targets a maximum of 60 Malay-Muslim women ex-offenders (20 women/year) and their family members.
Frequency	Minimally an average of 6hrs per month, depending on safety and risk issues
Background	Over the years there has been an over-representation of Malays in crime and drug statistics especially with the ‘drug problem’ often cited in association with the Malay community. ‘ <i>Cut the Loneliness: Bridge Connection</i> ’ (CLBC) hopes to offer a difference to the approach of engaging female offenders vis-à-vis the issue of drug addiction. The programme pays attention to providing women ex-offenders the holding space as they negotiate with their idea of selves, their addiction, their familial relationships and their interaction with larger systems – in their recovery and reintegration process.
Objectives	<ul style="list-style-type: none"> • To promote healthy interaction patterns amongst women ex-offenders and their families; • To acknowledge the role of addiction in the recovery process of women ex-offenders; • To facilitate access to community resources to increase social participation.
Administered by	<p>SYM Academy have begun working relationships with existing agencies to complement and support CLBC efforts, namely with: Singapore Prison Service, Central Narcotics Bureau (CNB), National Council of Social Services (NCSS), National Council Against Drug Abuse (NCADA), and Singapore Anti-Narcotics Association (SANA).</p> <p>The Academy will also be consulting with Clanwilliam Institute, Ireland – consultants from the Institute have depth of experience in addiction work and implementing in-care group psychotherapy programmes for women drug offenders.</p>
Programme Duration & Content	<p>The proposed programme outcomes will look at the following areas:</p> <p>(a) Stabilising the Self of the Women Ex-offender;</p> <p>(b) Stabilising the Family System vis-à-vis the Self of the Women Ex-Offender; and</p> <p>(c) Reconnection of Women Ex-Offender and Family and Larger System.</p>

	<p>Through its gender-focused intervention, the CLBC programme offers an extension to current rehabilitation efforts and initiatives for women and their families – as it expands the importance of conversing about connection. The programme highlights the need for intervention that facilitates the deeper interaction of women ex-offenders with their selves, family and the larger community.</p>
Contact Person	<p>Mr Ahmad Zaki: ahmadzaki.mdkhalid@sym.academy</p> <p>Ms Nabilah Bagarib: nabilah.bagarib@sym.academy</p>

**FACTSHEET FOR
HAJI MOHD SALLEH MOSQUE ENGAGEMENT PROGRAMME FOR
TRANSGENDER EX-OFFENDERS**

Name of Programme	Engagement Programme for Transgender Ex-Offenders
Target Phase	Aftercare
Target Group	Transgender Ex-offenders
Frequency	Weekly
Background	<ul style="list-style-type: none"> • Transgender offenders are often excluded in some way from participating in social and community activities.
Objectives	<ul style="list-style-type: none"> • Pro-social and purposeful engagement of transgender to allow them to learn the religion and stay away from negative influences. • Provide transgender offenders a safe & comfortable place to learn about religion, supporting them mentally and emotionally with the joint-assistance of Fitrah Befrienders. • Changing social attitudes so that transgender offenders become accepted and valued as full members of the community. • For isolated Transgender, the opportunity to develop a new relationship with Asatizahs & Mosque Staffs and Volunteers. To participate in social and community activities.
Administered by	Haji Mohd Salleh Mosque
Programme Duration & Content	<p>3 hrs session</p> <ul style="list-style-type: none"> • Haji Mohd Salleh Mosque develops a new social link for transgender offenders to learn and perform their religious needs.
Contact Person	Ust Abdulsalam Muhammad Ekhsan: abdussalam@mohdsallehg.mosque.sg

**FACTSHEET FOR
ASSYAFAAH MOSQUE #BILANAKGAME PROGRAMME**

Name of Programme	#bilanakgame
Target Phase	Aftercare
Target Group	Families of the incarcerated
Frequency	Quarterly
Background	<p>This is a pilot program with the intention to help the families of the incarcerated. We have engaged “One Heart Brothers” to do the groundwork, outreach and recruitment based on their expertise. Part of the objective is to provide the families based on their needs. We’ve provided groceries, working opportunities, trainings & workshop, refer to relevant agencies and mosque financial assistance.</p> <p>11 families are currently receiving financial assistance from MUIS as part of the Zakat Beneficiaries scheme.</p> <p>Due to the pandemic, we are unable to conduct the activities physically at the void deck or mosque. We did some of the sessions online and hopefully we can restart the sessions physically anytime soon.</p>
Objectives	<ol style="list-style-type: none"> 1. To Develop Participants’ on building better communication (Mindful of their words & Responsible of the chain reaction based on their action or approach engage) 2. To Develop Participants’ on building a Positive Engagement within Families ties (Sincerity & Willingness) 3. To Develop Participants’ on bridging a good rapport with people
Administered by	<ul style="list-style-type: none"> • Community Engagement Officers, Assyafaah Mosque • One Heart Brothers
Programme Duration & Content	The programme will be ongoing and plans for new recruitment is in progress.
Contact Person	<p>Ustaz Zaki: zaki_mahmod@assyafaah.mosque.org.sg</p> <p>Mdm Taibah: taibah@assyafaah.mosque.org.sg</p>

**FACTSHEET FOR
MUSLIM COUNSELLING SERVICE**

Name of Programme	Muslim Counselling Service
Target Phase	Aftercare
Target Group	Ex-offenders and families
Frequency	Weekly
Background	<p>MCS - Muslim Counselling Service is a non-profit registered society. It was established in 1978 by the Islamic Religious Council of Singapore (MUIS) to counsel drug addicts and inmates through religious programs and services in prison. We also work with their families, especially children, to ensure that they stay away from drug abuse or troubles, able to stand on their own feet and lead productive lives. Our first Chairman was none other than the then President of MUIS, the late Haji Ridzwan Dzafir. Under his leadership, MCS has grown into a formidable anti-drug movement in the Malay/Muslim community and Singapore. Over the years, MCS has evolved into an independent organization, focusing on the after-care programs for ex-offenders.</p> <p><i>Program YSI@MCS</i>, was started in April 2016 at Masjid Khalid by Ustaz Fadlon Osman, a prison religious counsellor and Ustaz Md Basir Md Shariff, an ex-offender with a record of 18 years imprisonment. They received the guidance of Ustaz Salim Mohamed Yusoff, a former prison religious teacher. All of them are freelance religious teachers, and are ARS-Certified by MUIS. Today, this program is being run at MCS Office @Hexacube & Masjid Khalid. MCS is IECP-Certified by MUIS to conduct Islamic religious classes for the public.</p>
Objectives	This program is designed to their rehabilitation journey towards redemption. It is also designed to build their self-confidence to reintegrate into society and contribute to its shared well-being.
Administered by	Muslim Counselling Service

<p>Programme Duration & Content</p>	<p>Weekly religious classes related to the Quranic Principles: focus on rehabilitation and life journey.</p> <ol style="list-style-type: none"> 1. Every Monday: MCS @Hexacube & Zoom. Conducted by Ustaz Md Basir Md Shariff – Quranic Recitations & Rules. 2. Every Wednesday: MCS @Hexacube & Zoom. Conducted by Ustaz Fadlon Osman – Fardhu ‘Ain (Religious Obligations). 3. Every Sunday: Zoom Conducted by Ustaz Salim Md Yusoff – Al Quran & Life Sciences. <p>Weekly group sharing sessions: focus on our clients’ daily struggles and their solutions.</p> <ol style="list-style-type: none"> 1. Every Wednesday: MCS @Hexacube. 2. Conducted by Ustaz Fadlon Osman. <p>Monthly Food Drive: focus on inculcating the spirit of contribution and boost their self-confidence.</p> <ol style="list-style-type: none"> 1. Monthly/Ad-Hoc Basis: MCS @Hexacube & Masjid Khalid. 2. Led by Hj Alla’udin Mohamed (Chairman MCS) in collaboration with Willing Hearts, our clients are active participants in the food distribution to rental flats around Singapore on a regular basis. <p>Yearly Ramadhan Cheers: focus on the festive sharing and giving.</p> <ol style="list-style-type: none"> 1. Yearly during Ramadhan: MCS @Hexacube & Masjid Khalid. 2. Distribution of cash & Hari Raya cookies to our clients. <p>Yearly Umrah Part-Sponsorship: focus on self-discovery and their spiritual relationship with God.</p> <ol style="list-style-type: none"> 1. Yearly pilgrimage to Mecca & Medina. 2. Part-sponsorship for our clients who embark on this journey of a lifetime – a soul-cleansing experience. <p>Crisis Intervention: focus on solving issues faced by our clients in their life journey.</p> <ol style="list-style-type: none"> 1. Ad-Hoc Basis: MCS @Hexacube. 2. Counselling & solution-based intervention – Drug Addiction, Offending Behaviour & Social Issues - MCS Core Team, led by Hj Rujok Pandi (CEO MCS).
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	<p>Social Outreach: focus on education, discussion and highlighting the social issues and offending trend faced by our Malay-Muslim community in Singapore.</p> <ol style="list-style-type: none"> 1. Ad-Hoc: Facebook Live Streams, Podcasts, Educational Vlogs & Media Interviews. 2. Ustaz Fadlon Osman, Ustaz Md Basir Md Shariff & MCS Clients. <p><u>Information:</u> MCS Website: https://mcsg.org.sg Facebook: https://www.facebook.com/program.yisi/</p>
Contact Person	<p>Ustaz Fadlon Osman: fadlonosman@gmail.com Ustaz Md Basir Bin Md Shariff: mdbasirshariff@gmail.com Muslim Counselling Service: admin@mcsg.org.sg</p>