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## Mother's Day 2024: Celebrate the Love and Legacy of Mothers

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Mother's Day is a cherished occasion dedicated to honouring and appreciating mothers around the globe. This year, the celebration falls on Sunday, 12th May.

Today, we have the pleasure of speaking with Madam Tay, a mother of six and an active participant at the Pasir Ris West Wellness Centre. She graciously shared her thoughts on what Mother's Day means to her and how she celebrates this special day. Let's hear what she has to say.

This year, Mother's Day was a truly special occasion for one remarkable woman. Her celebration began with an exciting trip to Vietnam, a generous gift from one of her daughters. Adding to the joy, her eldest son surprised her with a brand new mobile phone. The festivities culminated in a delightful family gathering at the East Ocean Teochew Restaurant in Orchard, where everyone came together to honour her.

Life, however, has not always been kind to her. For the past 50 years, she has faced the challenges of being a single parent and a divorcee with extraordinary resilience and determination. She single-handedly shouldered the responsibility of raising six children, a task that required immense strength and dedication.

To make ends meet, she juggled three jobs. In the early mornings, she worked in a sugar manufacturing factory as a "sugar packer". By noon, she transformed into a Laksa seller in the bustling Joo Chiat area. Her evenings were spent as an assistant in a bread store, where one of her main responsibilities was slicing



Her story is one of unwavering perseverance and love. This Mother's Day, her family celebrated not just the occasion, but also her incredible journey and the sacrifices she made for them.

**"I collected bread crusts from the bread store i worked in and eat them for breakfast, lunch and dinner so i can save more money for my 6 children."**

How do you celebrate your Mother's Day this year. Share with me at [solomon\\_kang@ecss.org.sg](mailto:solomon_kang@ecss.org.sg)

Learn more

# New and Upcoming

### Happy Me, Happy You Wellness Workshops for Children's Festival 2024



**About the Workshops**  
Join us in 3 differently themed workshops to bring everyone together in the family and put the spotlight on how we can become a closer-knit family through better understanding and enhanced communications.

Learn about caring for yourself first before you can be a better partner and parent to your loved ones. Find out how you can help your child cope better with and build resilience against bullying in school and in cyberspace; and close that generational gap between the grandparents and the kids by fostering intergenerational bonding and intimacy.

**Highlights**  
**EXPERT GUIDANCE**  
Learn from field experts who have experience and training to share professional knowledge, and life hacks with you

**HANDS-ON PRACTICE**  
Learn through role plays and sharings to apply techniques and theories shared

**IN-DEPTH UNDERSTANDING**  
Be guided step-by-step to gaining new insights into improving your personal mental wellness and the relational bonds of your family

**Our Speakers**

**08.06.2024 10am**  
Mental and Emotional Wellness for Me: Putting "Me" first, so I can be there for others

**08.06.2024 2pm**  
Mental Well-being in School: when the going gets tough, the tough gets going

**22.06.2024 3pm**  
Social Well-being in the Home: Closing the Generation Gap - understanding ourselves as parents, grandparents and what our kids are thinking

**REGISTER NOW!**

Like the old saying goes "happy wife, happy husband", same goes to the relationship between parents and their child.

Register for our FREE workshop NOW  
Mental and emotional wellness for me  
8 June 10am

Mental well-being in school

8 June 2pm  
Social well-being at home

22 June 3pm

Location: Garden by the Bay, Active Garden, Ficus Room

Explore the true, good, and beautiful aspects of life, discuss aging and ethical concepts, and learn how to handle life's major events.

Understand the need for enduring power of attorney, advance care plans, and advance medical directives. Get to know the relevant policies and regulations, and access useful resources. Live gracefully and contentedly, turning worries into cognitive strengths. Ensure a well-prepared and worry-free later life and enjoy a fulfilling and happy existence. Rest Note of Life.

**人生休止符**  
**Rest Note of Life**

**4 堂课** 课程以华语授课  
Course is conducted in Mandarin

探索生活真、善、美，探讨老龄化、伦理观念，学习处理终生大事”。了解持久授权书、预先护理计划、预先医疗指示的需要，明白相关政策法规，并提供资源信息。活得恬雅自得，化忧虑为认知优势。让晚年生活有备无患，享受充实、幸福的生命。

2024年  
**7月5日**  
10:00am - 12:00pm  
(星期五)

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