

**Singapore Cancer Society**  
**Psychosocial Services Department**  
 Support Group Newsletter - July & August 2018



**Bishan J8** 9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

**JEM** 52 Jurong Gateway Road, JEM Office Tower #08-04 Singapore, 608550

Registration is open 2 week prior to date of gathering 注册只在聚会日期的前两周开始

Programmes are subject to change without prior notice 节目如有更改, 恕不另行通知

To register for **Bishana, New Voice Club, Semi-Colons, RTR & Walnut Warriors**, please call **6499 9132 / 6499 9135** or email: supportgroup@singaporecancersociety.org.sg  
 报名参加**碧山女人互助小组, 新声会, 女人互助小组, 结肠互助小组或核桃战士聚会**, 请致电 **6499 9132 / 6499 9135** 或 发送电子邮件至 supportgroup@singaporecancersociety.org.sg

**July 七月**

<b>Support Groups 互助小组</b>	<b>Date 日期</b>	<b>Day 平日/周末</b>	<b>Venue</b>	<b>Time 时间</b>	<b>Activities/ Events Description 活动</b>
<b>Bishana Ladies Support Group 碧山女人互助小组</b>	20	Friday 星期五	Bishan	6.30pm-8.30pm	Healthy Meal DIY by Ms Charmaine Low from Small Girl Salad 健康烹饪和食物品尝
<b>New Voice Club 新声会小组</b>	3,10,17, 24,31	Tuesday 星期二	Bishan	12.00pm-2.00pm	Recreational activities, speech training and fellowship 娱乐活动, 语言训练 24/07 - Gardens By the Bay Outing (Singapore Gardens Festival) 滨海湾花园 (新加坡花园节) 一日游 31/07 - Bi Monthly NVC meeting 新声会会议
<b>Reach to Recovery Support Group 女人互助小组</b>	28	Saturday 星期六	National High Court Gallery	2.00pm - 6.00pm	RTR & Semi-Colons Support Group combined outing to National Gallery Singapore. 女人互助小组和结肠互助小组半日游: 参观国家美术馆
<b>Semi-Colons Support Group 结肠互助小组</b>					
<b>Walnut Warriors Support Group 核桃战士</b>	14	Saturday 星期六	Bishan	3:00pm-5:00pm	3pm: Sharing 讨论会 3:30pm: Stereotactic Body Radiation Therapy (SBRT) by Dr Jeffrey Tuan

**Singapore Cancer Society**  
**Psychosocial Services Department**  
 Support Group Newsletter - July & August 2018



**Bishan J8** 9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

**JEM 52** Jurong Gateway Road, JEM Office Tower #08-04 Singapore, 608550

Registration is open 2 week prior to date of gathering 注册只在聚会日期的前两周开始

Programmes are subject to change without prior notice 节目如有更改，恕不另行通知

To register for **Bishana, New Voice Club, Semi-Colons, RTR & Walnut Warriors**, please call **6499 9132 / 6499 9135** or email: supportgroup@singaporecancersociety.org.sg  
 报名参加**碧山女人互助小组, 新声会, 女人互助小组, 结肠互助小组或核桃战士聚会**, 请致电 **6499 9132 / 6499 9135** 或 发送电子邮件至 supportgroup@singaporecancersociety.org.sg

**August 八月**

<b>Support Groups 互助小组</b>	<b>Date 日期</b>	<b>Day 平日/周末</b>	<b>Venue</b>	<b>Time 时间</b>	<b>Activities/ Events Description 活动</b>
<b>Bishana Ladies Support Group 碧山女人互助小组</b>	17	-	-	-	SCS Closed for internal event
<b>New Voice Club 新声会小组</b>	7,14,28	Tuesday 星期二	Bishan	12.00pm-2.00pm	Recreational activities, speech training and fellowship 娱乐活动, 语言训练 14/08 - Writing a will and Lasting Power of Attorney by Mr Patrick Chang 撰写遗嘱和永久授权书讲座
<b>Reach to Recovery Support Group 女人互助小组</b>	25	Saturday 星期六	Bishan	10.00am-12.00pm	Discussion on "How to Let go of your troubles and live happily" by NCCS Dr Gilbert Fan
<b>Semi-Colons Support Group 结肠互助小组</b>	25	Saturday 星期六	Bishan	2.00pm - 5.00pm	2.00pm: Low Intensity Exercise 3.00pm: Light refreshment 3.30pm: Zentangle workshop
<b>Walnut Warriors Support Group 核桃战士</b>	11	Saturday 星期六	Bishan	3:00pm-5:00pm	3pm: Sharing 讨论会 3:30pm: John Villalon Cancer Survivorship for Prostate Cancer Patients 前列腺癌患者的癌症存活率