

**Singapore Cancer Society  
Psychosocial Services Department  
Bi-Monthly Newsletter 2019**



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 请注意，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 / 6499 9138** or email: [supportgroup@singaporecancersociety.org.sg](mailto: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 / 6499 9138** 或 发送电子邮件至 [supportgroup@singaporecancersociety.org.sg](mailto:supportgroup@singaporecancersociety.org.sg)

**March 三月**

<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>New Voice Club 新声会小组</b>	5,12,19,26	Tuesday 星期二	Bishan	12.00pm-2.00pm	
<b>Walnut Warriors Support Group 核桃战士</b>	9	Saturday 星期六	Bishan	2.00pm - 5.00pm	Town Hall by PSS Department Sharing on upcoming new initiatives by PSS team 互助小组联合聚会 分享即将推出的新计划
<b>Bishana Ladies Support Group 碧山女人互助小组</b>	30	Saturday 星期六	JEM	10.00am - 1.00pm	
<b>Reach to Recovery Support Group 女人互助小组</b>					
<b>Semi-Colons Support Group 结肠互助小组</b>					

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**April 四月**

<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</b> 碧山女人互助小组	-	-	-	-	Public Holiday - Good Friday 公共假期 - 耶稣受难日
<b>New Voice Club 新声会小组</b>	2,9,16,23, 30	Tuesday 星期二	Bishan	12.00pm-2.00pm	Emperor's meditation by Dr Khoo Cheng Guat on 2 April 2019 四月二日是邱清月中医硕士的皇帝打座
<b>Reach to Recovery Support Group</b> 女人互助小组	27	Saturday 星期六	ACM	9.00am-12.00pm	A trip to Asian Civilisation Museum 亚洲文明博物馆之旅
<b>Semi-Colons Support Group</b> 结肠互助小组	27	Saturday 星期六	Bishan	2.00pm - 5.00pm	The Significance of Balanced Immunity by Prof Lim Kah Meng 免疫平衡的重要性
<b>Walnut Warriors Support Group</b> 核桃战士	9	Saturday 星期六	Bishan	1.30pm-5:00pm	TCM and its use – an oncologist perspective by Dr Choo Ai Bok 传统中医的用处 - 肿瘤专科医生的看法