



SINGAPORE
PRISON SERVICE

DESISTOR NETWORK

DIRECTORY OF DESISTORS

SUPPORT ACTIVITIES



**SINGAPORE
PRISON SERVICE**

DESISTOR & FAMILY, SUPPORT GROUPS & BEFRIENDING ACTIVITIES





a voice to be heard
let's talk about it

A Voice To Be Heard

T.H.R.I.V.E. Life Coaching

The T.H.R.I.V.E. Program is a signature flagship enrichment coaching program designed to support individuals on their recovery journey. It is a specific program focused on a person with life challenges from mental health conditions (stress, anxiety and depression) and substance addiction issues.



Contact us for more information



Hybrid



Name: Mohamed Ismail (Founder, Managing Director)
Contact No: 8690 1087
Email: hello@av2bh.sg



a voice to be heard
let's talk about it

A Voice To Be Heard

The Human StoryBook (THSB)

Let's Talk About It. It is a specially curated OPEN platform called LET'S TALK ABOUT IT (LTAI). Where people can talk about anything on the surface with the caveat that there is no specific unhealthy agenda.



Contact us for more information



Hybrid



Name: Mohamed Ismail (Founder, Managing Director)
Contact No: 8690 1087
Email: hello@av2bh.sg



avoice to be heard
let's talk about it

A Voice To Be Heard

AV2BH Flagship Symposium

- **Desistor Leaders Champion (WADD)**
 - **Mental Health Advocates (WSPD)**
- *in conjunction with the World Anti-Drug & Trafficking Day (WADD) and World Suicide Prevention Day (WSPD)**

We are proud to pioneer a groundbreaking symposium in Singapore, featuring speakers with lived experiences. This open space provides a VOICE for individuals to share their powerful stories. These profound experiences serve as enablers, empowering and inspiring others to tell their own stories and impact the world.



Contact us for more information



Contact us for more information



Name: Mohamed Ismail (Founder, Managing Director)
Contact No: 8690 1087
Email: hello@av2bh.sg



Agent Of Change

Support Group for Offenders, Ex-offenders and Their Families

Here are some reasons highlighting their importance and uniqueness:

- Emotional Support
- Shared Understanding
- Encouragement for Positive Change
- Family Reunification
- Breaking the Cycle
- Accountability and Peer Guidance
- Cultural Sensitivity



Every Friday,
9pm - 10.30pm



En-Naeem Mosque



Sofian: 9616 9071 | Izwan: 8742 9053

Azmi: 8922 2107

Email: agentsofchangesg@gmail.com

FB: <https://www.facebook.com/AgentsOfChangeSG>

BapaHebat SG

The Tarik with Dads Talk Series

Face-to-face talk and discussion with fathers covering challenges they are facing on their fathering journey.

BapaHebatSG
Supporting the Fathering Journey



Run on a quarterly basis,
advertised 2 months before the event



32 Pekin Street, #05-01
Singapore 048762



Email: info@bapahebatsg.org



Founded in 1977

Christian Counselling Services

CCS Faith Fellowship

Faith-based support group for ex-offenders to journey with them as they reintegrate into the community after their release from prison.



**Every Thursday,
6pm - 9pm**



**811 Upper Serangoon Road
Singapore 534675**



Email: admin@cclink.org



Founded in 1977

Christian Counselling Services

Blessed Grace Prison Fellowship

Faith-based support group for ex-offenders to journey with them as they reintegrate into the community after their release from prison.



**Every Thursday, 6pm - 9pm
(Dinner Provided)**



**18 Arumugam Road
Singapore 409962**



Email: admin@cclink.org



Founded in 1977

Christian Counselling Services

New Redeemer Fellowship - Family Support

Faith-based support group for ex-offenders to journey with them as they reintegrate into the community after their release from prison.



**Every Thursday, 6pm - 9pm
(Dinner Provided)**



**116 Upper Changi Road
Singapore 419718**



Email: admin@cclink.org

Family And Inmates Throughcare Assistance Haven (FITRAH)

Support Group (Individual and Family Members)

A peer support platform that is established to aid individuals on the path to desistance and their families in seeking guidance from those who have successfully navigated challenges during the process of rehabilitation and reintegration.

FITRAH

Family and Inmates ThRoughcare Assistance Haven



Every Friday,
8.30pm - 10.30pm



En-Naeem Mosque
120 Tampines Road
Singapore 535136



Contact No: 8318 2695
Email: contact@fitrah.sgmosque.co

Family And Inmates Throughcare Assistance Haven (FITRAH)

Befriending (Individual or Family)

Befriending with individuals or family who may be experiencing challenges in the community. It offers pro-social support and a sense of connection to help improve well-being and foster a stronger sense of community.

FITRAH

Family and Inmates ThRoughcare Assistance Haven



N.A.



En-Naeem Mosque
120 Tampines Road
Singapore 535136



Contact No: 8318 2695
Email: contact@fitrah.sgmosque.co



Goal Aspiration

1. **Relapse Prevention Programmes such as Acceptance & Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT) activities & Group Sharing.**
2. **Forum Theatre - Antiplay & Strategies Intervention.**
3. **Social & Community Works - Food Ration Distribution, Family Day, Talks/Seminar Sharings, International Webinar/Physical Sharings & many more.**

Aftercare Support Services:-

- a) **Mentoring Services for desistors**
- b) **Befriending Services for desistors**
- c) **Para-counselling Services for desistors**
- d) **Providing resources for those require financial assistance**



Group Sharing: Every 1st week Sunday of the month
Relapse Prevention Programmes: Every Friday
(Only for GA members)



Jamiyah (Darul Islah)
352 Pasir Panjang Rd
Singapore 118694



Rosezeli Omar (Chairman): 8836 9177
Sharol Salleh (Vice-Chairman): 8803 9336
Baizurah Hamzah (Secretary): 8020 0849



HUFI

Addiction Recovery Support Group

HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc).



**1st Saturday of each month,
5pm - 7pm**



Singapore After-Care Association (SACA)



Ms Susanty Yaakop (Chairwoman): 9007 9819
Email: hufi.bersatu@gmail.com /
admin@hufibersatu.com
Website: www.hufibersatu.com



HUFI

Religious Class & Group Meetings

HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc). HUFI meetings for all members to discuss on current matters / upcoming events / catch up with each other.



Religious Class: Every Tuesday, 9pm - 10pm
Group Meeting: Every last Sunday of each month, 9pm - 10pm



Virtual on Zoom



Ms Susanty Yaakop (Chairwoman): 9007 9819
Email: hufi.bersatu@gmail.com / admin@hufibersatu.com
Website: www.hufibersatu.com



Hug Community Services Ltd

Nice To Meet You - Support Group

Nice to Meet You (NTMY) is a cultural exchange & peer support platform to help desistors among local and international desistors in an informal retreat setting and aims to gather local desistors, their families and employers, and volunteers who have journeyed with those who have overcome struggles.

This monthly session will have different desistors and partners working with desistor and families to share different experiences and struggles behind success and exchange problem-solving skills and culture.

NTMY- Desistors also will be able to form healthy & crime-free networks among themselves that provide peer support for those currently new on their rehabilitation journey and accelerate their reintegration into the community.



2nd and 4th Fridays of each month,
7.30pm - 9.30pm (TBC)



HUG Community Services Limited
200 Toa Payoh North, Toa Payoh Spring
#01-1033, Singapore 310200



Contact No: 8028 1150
Email: desistornetwork@hug.org.sg
Website : www.hug.org.sg



HSCA Community Services/Highpoint

AIMS Aftercare Support Group & AIMS Outreach

1. Gift Initiative (Gems in Final Transaction)
2. AIMS WISDOM (Woman in Support to Develop Outstanding Men)
3. AIM HIRE (Hope in Restoring Employability)

Monthly support group, interest group activity, festive celebrations.
Desistors outreach to prisons, DRC and external agencies.

Support for women supporting their men in recovery

Monthly WISDOM Meeting (for ladies with recovering partner)



2nd and 4th Tuesdays of the month
8pm - 9pm (Dinner Provided)



HCSA Highpoint
No 1 Lorong 23 Geylang
Singapore 388352



Samuel: samuel_WONG@hcsa.org.sg
Feroz: ferozsambora@gmail.com
Contact No: 8123 2168

Industrial & Services Co-operative Society Ltd (ISCOS)

Men Support Group (Physical)

All ex-offenders who are facing reintegration difficulties are welcome to join the support group sessions.



ISCOS
You've got a friend



**3rd Wednesdays of the month
7pm - 9pm**



**ISCOS Office
237 Alexandra Road
Singapore 159929**



Contact No: 6743 7885



National Addiction Management Service (NAMS)

Detoxification, Rehabilitation and Relapse Prevention Services

NAMS addiction treatment Service includes individual therapy and support group programmes. Apart from inpatient services, the treatment programme also includes outpatient individual therapy and support group programme. The treatment team in NAMS consists of multi-disciplinary team that provides support to patients' needs in recovery.



**NAMS Outpatient Clinic is open on
Monday - Thursday, 8am - 5.30pm, Friday, 8am - 5pm
Closed on Wednesday morning, Weekends & Public
Holidays**



**NAMS Clinic is located inside IMH:
National Addictions Management Service (NAMS)
Block 9 (Level 1), Buangkok Green Medical Park
10 Buangkok View, Singapore 539747**



**General Enquiries - 6389 2000
Appointments - 6389 2200
Mental Health Helpline - 6389 2222 (24-hour hotline)**



NEW LIFE STORIES

New Life Stories

Papa Group

Introducing/reinforcing the importance of familial relationships as the core of the work that we do, bridging and mending relationships as a family.



**1st Saturday of the month,
10am - 12pm**



**73 Haji Lane
Singapore 189266**



Website: newlifestories.org.sg/contact-us



NEW LIFE STORIES

New Life Stories

Mama Group

Reaching out to ex-incarcerated people in community, create network of new friends aside from families and old friends.



Last Saturday of the month,
10am - 12pm



73 Haji Lane
Singapore 189266



Website: newlifestories.org.sg/contact-us



Nisa' HOPE Network

Weekly Religious Class, Qur'aan Class, Sharing Session and Counselling Session

We do have Madrasah/Classroom located at 306A woodlands, where we share peer-based recovery support, education-based recovery support, relapse prevention, motivational interview and enchantment. Currently we have a WhatsApp group chat that consist of 70 ladies.



Religious Class - Every Wednesday and Friday
Qur'aan Recitation cum Meet & Share Session - Saturday



We post details on our Facebook page
(Nisa' HOPE Network)
and via WhatsApp group



Name: Ustazah Laila
Contact No: 9028 1906
Email: laila.a.hassan@hotmail.com



Prison Fellowship Singapore

"A bruised reed He will not break..." Isaiah 42:3

Prison Fellowship Singapore (PFS)

Pre-Sentencing Support

Providing individuals awaiting trial and their families with emotional support and helping them through befriending and counselling.



For more info,
call PFS Office at 6384 2338



1 Dorset Road
Singapore 219486



Email: enquiry@pfs.org.sg



Prison Fellowship Singapore

"A bruised reed He will not break..." Isaiah 42:3

Prison Fellowship Singapore (PFS)

Thursday Connect Group (TCG)

Faith-based programme, to journey with male ex-offenders, give assistance in the areas of counselling, skills upgrading etc.



Every Thursday
6pm - 7.30pm (dinner)
7.30pm - 9.30pm (support group meeting)



1 Dorset Road
Singapore 219486



Email: enquiry@pfs.org.sg



Prison Fellowship Singapore

"A bruised reed He will not break..." Isaiah 42:3

Prison Fellowship Singapore (PFS)

Women Support Group (WSG)

Faith-based programme, to journey with female ex-offenders, give assistance in the areas of counselling, skills upgrading etc.



Every Monday
6pm - 7.30pm (dinner)
7.30pm - 9.30pm (support group meeting)



1 Dorset Road
Singapore 219486



Email: enquiry@pfs.org.sg



Prison Fellowship Singapore

"A bruised reed He will not break..." Isaiah 42:3

Prison Fellowship Singapore (PFS)

Care Club

Community-based programme, volunteers befriend & mentor children of ex-offenders through tuition etc.



Every Saturday
10am - 1pm



1 Dorset Road
Singapore 219486



Email: enquiry@pfs.org.sg



Prison Fellowship Singapore

"A bruised reed He will not break..." Isaiah 42:3

Prison Fellowship Singapore (PFS)

Family Befriending

Community-based programme to support family of inmates, building resilience of the family and prepare the family for reconciliation and eventual return of the inmate back home.



**For more info,
call PFS Office at 6384 2338**



**1 Dorset Road
Singapore 219486**



Email: enquiry@pfs.org.sg



POPWOW GEMS

Ladies Chit Chat

Safe space for ladies to discuss various topic about women



3rd Friday of each month
8pm - 10pm



POPWOW Club & Academy
116 Changi Rd, WIS@CHANGI
#04-08, Singapore 419718



Name: Efah
Contact No: 8183 5954
Email: info@popwow.space
RSVP @ www.popwow.space



POPWOW GEMS

Support & Recovery

- **Support group, Mentoring & Befriending**
- **Counselling**
- **Drop in center**
- **One year aftercare programme**



Contact Efah for further info



POPWOW Club & Academy
116 Changi Rd, WIS@CHANGI
#04-08, Singapore 419718



Name: Efah
Contact No: 8183 5954
Email: info@popwow.space
RSVP @ www.popwow.space



RSG Organization

RSG Organization

Mentoring, Befriending, Group Sharing, Community Engagement, Youths at Risk Programmes Engagement, Incare & Aftercare Programmes Engagement

RSG Organization will offer a range of proven impactful activities for individuals in their recovery journey. Our mentoring provides personalized guidance and our befriending creates a supportive network. Our group sharing sessions encourage open dialogue and learning from shared experiences. Our community engagement initiatives promote social integration and connections. We also have specialized programs catered to the needs of at-risk youths and individuals in in-care and aftercare. Through these activities, we aim to empower individuals, foster a sense of community, and facilitate successful rehabilitation and reintegration into society.



Weekly/Monthly



**Midview City
22 Sin Ming Lane
#04-79, Singapore 573969**



**Name: Ramli Abdullah
Contact No: 8884 8404
Email: ramliabd@rsgcommunity.org**



SIKH
WELFARE
COUNCIL
SINGAPORE

Sikh Welfare Council

Chardi Kala Chats

Support group for sharing on employability and crime free lifestyle.



Tuesday and Friday evening



2 Towner Rd
Singapore 327804



Contact No: 6299 9234

Singapore Aftercare Association (SACA)



SACA

Befriending

Individual befriending services is mainly for those with no or little family support and would like some pro-social support. Befrienders provide a listening ear and can be tapped upon as a resource person. The befriending is for a period of 6 months.



N.A.



N.A.



Email: volunteer@saca.org.sg

Singapore Anti-narcotics Association (SANA)

Continuing Care Support Group

Provide a safe space to discuss one's addiction recovery challenges and success by increasing social support.

SANA

SINGAPORE ANTI-NARCOTICS ASSOCIATION



Alternate Thursday
7.30pm - 9.30pm



Sengkang - 2 Sengkang Square, Singapore 545025
Taman Jurong - 301A Corporation Road, Singapore 619773
Northwest - 120 Woodlands Avenue 1, Singapore 730538



Website: sana.org.sg/get-in-touch/



TASEK

Uplifting The Community

Tasek Academy and Social Services

Beacon of Life (BOL) Support Groups, Family Outings and Community Projects

Support group for ex-inmates: Enhance ex-inmates' support network through sharing and learning in a safe environment. Our activities range from psychoeducational talks on employment, financial literacy, scam awareness to sharing about coping techniques, exploring about challenges in reintegration, workshops.



**3rd Wednesdays of each month
7.30pm - 9pm**



**Tasek Office
Blk 184 Yung Sheng Road
#01-79, Singapore 610184**



**Contact No: 8842 6902
Email: nadiah@tasek.org**



TASEK

Uplifting The Community

Tasek Academy and Social Services

Beacon of Life (BOL) Support Groups, Family Outings and Community Projects

Support group for women impacted by incarceration: Targeted for women whom family members or significant others are currently or were incarcerated. Our activities range from exploring grief and loss due to incarceration, providing emotional support for life transitions, opportunities for them to upgrade or learn new skills, enhance social network.



**1st Wednesdays of each month
7.30pm - 9pm**



**Tasek Office
Blk 184 Yung Sheng Road
#01-79, Singapore 610184**



**Contact No: 8842 6902
Email: nadiah@tasek.org**



The Helping Hand

The Helping Hand

The Redeemder Support Group

Support group for ex-offenders to journey with them as they reintegrate into the community after their release from prison



Every Thursday
7.45pm - 9pm



819 Upper Serangoon Road
Singapore 534678



Website: thehelpinghand.org.sg/general-feedback/



DOING
THE MOST
GOOD®

The Salvation Army

SINGAPORE
PRISON SERVICE

Overcomer Support Group (OSG)

Open to desistors and their families of all background.

- Provides Life-Skills Training
- Offers a Positive-influencing Community to grow together
- Gives space for Fun Activities
- Gives back through "Do Good" Activities and Serving One Another
- Provides chance to Share about Struggles



Sunday afternoon



Workshop held at Havelock
Fun and "Do Good" activities location varies



Hotline (Call/WhatsApp): 9248 5336
Email: prisonsupport@smm.salvationarmy.org
Register in OSG Broadcast List to be informed on activity sign-up



DOING
THE MOST
GOOD®

The Salvation Army

Selangor Fellowship Group

Faith-based Fellowship Group to help ex-offenders in reintegration journey through strengthening their faith in God and assisting them in practical matters. Open to all ex-offenders, especially those in Selangor Park Complex.



**Every Sunday
9am - 12noon**



**7 Upper Changi Road North
Singapore 507705**



**Hotline (Call/WhatsApp): 9248 5336
Email: prisonsupport@smm.salvationarmy.org**



DOING
THE MOST
GOOD®

The Salvation Army

Community Re-Entry Support Transition (CREST)

Initial 2-week (estimated) support for newly-released ex-offenders of all backgrounds. Befrienders will walk with ex-offenders to help in their reintegration journey by accessing community resources to address their practical needs. At the end of CREST, ex-offenders could choose to be attached to other agencies for longer-term support.



For more info, please call/Whatsapp
TSA Prison Support Services Office



7 Upper Changi Road North
Singapore 507705



Hotline (Call/WhatsApp): 9248 5336
Email: prisonsupport@smm.salvationarmy.org



DOING
THE MOST
GOOD®

The Salvation Army

Aftercare Support Programme (ASP)

1-Year aftercare for newly-released ex-offenders of all backgrounds. Befrienders will walk with ex-offenders to help in their reintegration journey by accessing community resources to address their accommodation, employment, relationship, spiritually and practical needs.



**For more info, please call/Whatsapp
TSA Prison Support Services Office**



**7 Upper Changi Road North
Singapore 507705**



**Hotline (Call/WhatsApp): 9248 5336
Email: prisonsupport@smm.salvationarmy.org**

Ukhwah Fillah (Ultimate Friends) SG

Support Group for inmate/ex-offenders

To provide safe space for individuals/group to go through the addiction recovery challenges.



**Selangor Halfway House (Women) and ex-offenders:
4th Friday of the month**



Human Hearts Society



**Azlinda: 9639 5658
Hairi: 9679 4171
Email: admin@nurazlindazulkifli.com**



XOFG

X-Offenders For Good

XOFG (X-Offenders for Good)

Aftercare Support Group

To drive a movement and build a community of XOs who dedicate their lives 'For Good', through Education and Empowerment.



**Every Tuesday
7pm - 10pm**



Pls contact us at info@architectsoflife.sg



Website: <https://xofg.architectsoflife.sg/>



Youth Guidance Outreach Services

Home Leave Support Group

Safe environment and space for clients to share about their struggle in their home environment and struggle with their loved ones. Monthly follow up to ensure client are engaged meaningfully in employment & education.



4th Fridays of each month
7pm - 9pm



YGOS Drop-In Centre



Email: senghong@ygos.org.sg

PERSONAL DEVELOPMENT ACTIVITIES



SINGAPORE
PRISON SERVICE





a voice to be heard
let's talk about it

A Voice To Be Heard

Special Project: Nine Yards

Nine Yards is a specialized project designed to support individuals in rehabilitation from substance addiction and other life challenges. This carefully curated program emphasizes life enrichment skills, career guidance, personal growth, and faith-based development models.



Contact us for more information



Hybrid



Name: Mohamed Ismail (Founder, Managing Director)

Contact No: 8690 1087

Email: hello@av2bh.sg



www.adamexplorer.com

Adam Explorer

Develop Your P.A.C.E

P.A.C.E is a holistic personal development program structured for youth between 13-23 years old. Our bespoke and curated core program, P.A.C.E – Personal Development, Athlete Development, Community Development and Entrepreneurship Development aims to provide opportunities for our participants to dive deep to discover their personal potential and excel in these areas. It is designed to provide participants with a well-rounded and fulfilling life, nurturing their personal growth, athletic prowess, engagement with the community and entrepreneurial skills. By setting clear goals, tracking progress, and staying motivated, we help them to develop grit and staying power to overcome challenges and setbacks.



**Weekends
8am - 10am**



- Multiple Location**
- Republic Plaza
 - Sengkang Sports Hall
 - One Commonwealth



**Name: Muhammad Dzulkifly
Contact No: 9792 3487
Email: dzul@adamexplorer.com**

Agape Connecting People

Agape Transformation Programme (ATP)

Self-development and Reintegration Programme



2 to 3 batches of classes conducted monthly



31 Ubi Road, #03-06
Aztech Building
Singapore 408694



Email: nooren@agape-cp.com

AGAPE SERVICES



A Social Enterprise of Far East Organization

Agape Services Pte Ltd

Employment Opportunities

Provide employment opportunities for desistors.

Laundry Attendants and Cleaning Services



Evergreen Positions



**Interviews held in
Woods Square Tower 2**



Email: thanechan@fareast.com

Architects of Life

XO ACCELERATOR Programme

Training & mentoring program designed to help develop self-confidence & personal mastery to overcome negative mindset & personal setbacks.



ARCHITECTSOFLIFE



5 session programme held weekly



Near City Hall/Dhoby Ghaut



Email: isaac@architectsoflife.sg



Architects of Life

Adopt A Family & Youth Scheme (AFYS)

Encourage self-reliance within disadvantaged families through skills training and family life workshops.



Mondays - Fridays
9am - 6pm
Closed on Weekends & Public Holidays



1 Pasir Ris Drive 4
#05-11
Singapore 519457



Email: yassemin@amp.org.sg



Centre For Psychotherapy (C4P)

SINGAPORE
PRISON SERVICES

Pathways to Purpose – Personal Development and Skills Training

C4P offers tailored sessions focused on practical life skills, self-empowerment and vocational guidance. Participants learn essential tools for building independence, managing challenges and setting meaningful goals.

This service includes:

- **Financial literacy, employment readiness, and career mapping**
- **Conflict resolution and decision-making skills for positive social engagement**
- **Goal-oriented planning that aligns with personal values and aspirations**



Monday - Friday, 9.30am - 5pm
Saturday, 9.30am - 1.30pm



7 Race Course Lane
#02-01
Singapore 218734



Contact No: 8856 2408
Email: info@centreforpsychotherapy.com
Advisable to reach out to establish an intake appointment prior to dropping in.



Centre For Psychotherapy (C4P)

One-to-One Mentorship: "Restoring Roots"

Our mentorship program is a journey of personal rediscovery, focusing on resilience and purpose. Experienced mentors work one-on-one with participants, providing a space to explore life's complexities, affirm personal strengths and create a meaningful future plan.

This mentorship approach prioritizes:

- Honouring individual stories and lived experiences
- Building resilience through self-reflection and strengths-based growth
- Crafting a purposeful legacy that inspires change beyond oneself



Monday - Friday, 9.30am - 5pm
Saturday, 9.30am - 1.30pm



7 Race Course Lane
#02-01
Singapore 218734



Contact No: 8856 2408
Email: info@centreforpsychotherapy.com
Advisable to reach out to establish an intake appointment prior to dropping in.

CONNECT CENTRE



Connect Centre Pte Ltd

Skills Training

Founded in 2004, Connect Centre Pte Ltd is a multi-channel outsourced Contact Centre and Social Enterprise that provides customer relationship management solutions. Our service includes Customer Service, Fault Reporting/Technical Support, Facilities Management, Tele-Sales/Tele-Marketing, Emergency Response and Administrative Back-office, delivered with state-of-art contact center omni-channel technologies, across inbound and outbound Phone Voice calls, non-voice channels such as SMS, Website Live-Chat, webchats, email, WhatsApp, AI chatbots and other online service.

We work closely with SPS & Yellow Ribbon Singapore to offer training and employment opportunities to the existing in-mates and ex-offenders. Currently 90% of our Call agents were ex-offenders and a cluster center inside Changi Prisons. Through our business, we as Social Enterprise, also able to provide employment opportunities to existing inmates and ex-offenders.



Operates 24/7



N.A.



**Website: <https://connectcentregroup.com/>
For more info our BPO Services and pricing,
please email: contact@connectcentregroup.com**

Family And Inmates Throughcare Assistance Haven (FITRAH)

Islamic Learning

FITRAH understand the importance of spiritual growth and knowledge in the journey towards successful reintegration into society. FITRAH is offering assistance to desistors and family members who wish to further their Islamic learning education. FITRAH will assess and connect them with the appropriate mosques or Islamic learning centers based on their location and preferences.

FITRAH

Family and Inmates ThRoughcare Assistance Haven



N.A.



**En-Naeem Mosque
120 Tampines Road
Singapore 535136**



**Contact No: 8318 2695
Email: contact@fitrah.sgmosque.co**



Goal Aspiration

Relapse Prevention Programme

Group sharing on finding strength, overcome struggles & reintegration into society.



Every Friday
8pm onwards



Jamiyah (Darul Islah)
352 Pasir Panjang Rd
Singapore 118694



Rosezeli Omar (Chairman): 8836 9177
Sharol Salleh (Vice-Chairman): 8803 9336
Baizurah Hamzah (Secretary): 8020 0849



HUG Community Services Ltd

Life Shaping Programme (LSP)

A mentorship & apprenticeship programme as a continuous programme from the HUG2Hearts (prison throughcare programme). It aims to support desistor (ex-offenders) on their path of transformation by helping others with similar backgrounds.

The desistor will be attached to HUG Community Services through training and a community apprenticeship program to help rehabilitate and provide hope to families of HUG Community Service (HCS) beneficiaries. This programme also uses the train the trainer's concept to aim to build a new generation of social workers with genuine experience and empathy for our beneficiaries.



2nd and 4th Friday of each month
7.30pm - 9.30pm (TBC)



HUG Community Services Limited
200 Toa Payoh North, Toa Payoh Spring
#01-1033, Singapore 310200



Contact No: 8028 1150
Email: desistornetwork@hug.org.sg
Website : www.hug.org.sg



Industrial & Services Co-operative Society Ltd (ISCOS)

Skills Assistance Subsidy Scheme (SASS)

SASS is a programme, an initiative to promote ex-offender's career progression. A program for ex-offenders to apply for subsidized training courses which are beneficial to one's career.

Eligible applicants may receive \$800 of course subsidies to offset their total course fees. Some courses may include application of driving licenses, safety, construction related.



Application open all year



N.A.



Contact No: 6805 0810
Email: ms@iscos.org.sg



Loving Hand Fellowship

12 Steps Celebrate Recovery

Celebrate recovery is a Christian faith-based adaptation of the internationally recognised 12-step program used by rehabilitation centres and organizations to address drug addiction and other compulsive behaviours. We provide ongoing aftercare support to individuals in their recovery journey, especially those who have faithfully attended our in-care Chapel services. Our focus is on helping them discover themselves, teaching coping skills, promoting a positive lifestyle and empowering them with a pro-social support community in helping them wean off addictions.



**2nd and 4th Mondays of the month
7.30pm - 9.30pm**



**Living Hope Evangelism
20 Ubi Crescent, Ubi Techpark
#02-01, Singapore 408565**



**Edward Yap: 9665 8992
Chee Cheong: 9782 3355**



MCS

A HEALTHY AND DRUG-FREE
COMMUNITY

Muslim Counselling Services (MCS)

Programme YSI

Programme YSI: A holistic faith-based programme that focuses on the struggles and journey towards redemption. Using the principles of Conviction, Perseverance and Consistency (Yakin, Sabar, Istiqahmah).

Quranic-based classes: Desistor can choose to attend any of the classes held, where spiritually is used as the main tool to face and overcome challenges in their recovery journey. Lessons learnt will act as principles in real-life situation.



**Every Monday, Wednesday & Friday
7pm - 10pm**



**Hexacube, 160 Changi Road
#04-07, Singapore 419728
Desistors can also join via Zoom/FB Live
on YSI Facebook Page**



**Name: Ustad Basir Md Shariff
Contact No: 8875 4919
Email: mdbasirshariff@gmail.com / admin@mcsg.org.sg**



Singapore Buddhist Federation (SBF)

- **Outing activities to places of interest and prominent landmarks**
- **Series of talk on mental health, emotional control, cyber health and digitalization**
- **Series of Dharma lesson for spiritual purification**
- **Guided sharing session conducted by learned monks on life journey**
- **These activities, although not an exhaustive list, aims to strengthen them spiritually and facilitate their reintegration with their families, friends and society**



Every Sunday, 3pm - 5.30pm
Dharma Study, Food Sharing,
Personal mentoring, Sutra Chanting



SBF Lecture Hall



Tel: 6744 4635
Email: charity@buddhist.org.sg



Tarkiz Pte Ltd

Personal Growth Training & Workshop, Mentoring Workshop & Team Building Activities

Aiming to training desistors to rewrite their new life's narratives and equipping the potential mentors to continue to replicate the process to decrease recidivism.



Monday nights
Weekly



Multiple physical venues



Name: Dr. (H.C) Mohamad Riduan Ishak
Contact No: 9795 7725
Email: hello@tarkiz.com.sg

Ukhwah Fillah (Ultimate Friends) SG

SINGAPORE

1. Preventive Drug Education
2. Relapse Preventive Program
3. Youth-At-Risk Engagement

To provide safe space for individuals/group to go through the addiction recovery challenges.



**Recovery Program for Women (Malay):
Alternate Saturday (PM)**



Human Hearts Society



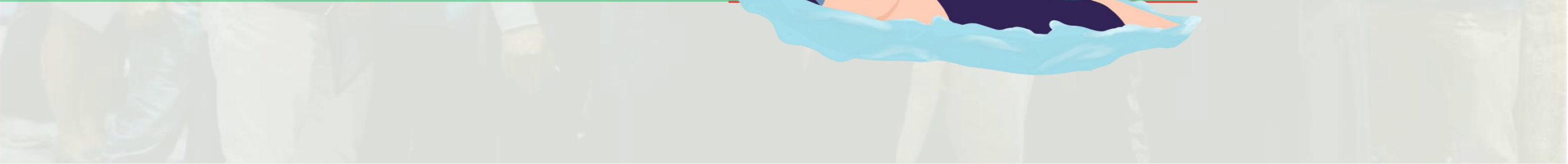
**Azlinda: 9639 5658
Hairi: 9679 4171
Email: admin@nurazlindazulkifli.com**



SINGAPORE
PRISON SERVICE

Network

DROP-IN CENTRE & GROUP RECREATIONAL ACTIVITIES





a voice to be heard
let's talk about it

A Voice To Be Heard

Walk With Me Against Stigma (WWMAS)

Mindfulness Walk



February & October



Contact us for more information



Name: Mohamed Ismail (Founder, Managing Director)

Contact No: 8690 1087

Email: hello@av2bh.sg

BapaHebat SG (BHSG)

Tehtarik With Dads Talk Series

Indoor and outdoor activities to build closer bonding with and appreciation of their children.

BapaHebatSG
Supporting the Fathering Journey



Run on a quarterly basis,
advertised 2 months before the event



32 Pekin Street, #05-01
Singapore 048762



Email: info@bapahebatsg.org



Break The Cycle (BTC)

Cycling Support Group

Using cycling to promote personal development and to facilitate pro social activities and events for reintegration.

Through the sport of cycling, we inspire motivation and discipline for an ex-offender to develop goals. And through the cycling community, we provide a support group that is accepting and inclusive to sustain their reintegration.



Every Tuesdays (9pm - 11pm),
Every Thursdays (9pm - 11pm) and
Every Sundays (6am - 10am)



Meeting points varies but mostly at Causarina Car Park at
Upper Thomson or Seletar JTC Aviation 2



Email: breakthecycle.sg@gmail.com
FB: www.facebook.com/breakthecyclesg



HUFI

Netball Team Training

HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc).



Every fortnightly, weekday evening



Contact us for more details



Name: Ms Susanty Yaakop (Chairwoman)
Contact No: 9007 9819
Email: hufi.bersatu@gmail.com/admin@hufibersatu.com
Website: www.hufibersatu.com



Prison Fellowship Singapore

"A bruised reed He will not break..." Isaiah 42:3

Prison Fellowship Singapore (PFS)

Drop-In Centre

To extend the drop-in Centre to help and support ex-offenders and their families.



Monday - Friday (Except Public Holiday)
8.30am - 6pm



1 Dorset Road
Singapore 219486



Email: enquiry@pfs.org.sg



POPWOW GEMS

Nature Walk

Community Nature Walk: Embrace the Outdoors Together

Step into the heart of nature with your community in this enriching, guided nature walk. Discover the hidden beauty of your local environment as you explore winding trails and uncover the wonders of the natural world. This experience is designed for all ages and aims to foster a deeper connection with the outdoors, enhances mental and emotional wellbeing, all while connecting with fellow nature enthusiasts. Join us for a memorable journey throughout our backyard wilderness.



1st or 2nd Sunday of each month
8am - 11am



Various location in Singapore
Check www.popwow.space for meeting places



Name: Efah
Contact No: 8183 5954
Email: info@popwow.space



POPWOW GEMS

Pool Party – Ladies Only

Safe space for ladies to enjoy a fun time at the pool



4th Saturday of each month
4pm - 6pm



POPWOW Club & Academy
116 Changi Rd, WIS@CHANGI
#04-08, Singapore 419718



Name: Efah
Contact No: 8183 5954
Email: info@popwow.space
RSVP @ www.popwow.space



POPWOW GEMS

Weekly Classes

- **Swimming, Pilates, Kickboxing**
- **Quraan for Beginners & Basic Religious knowledge**
- **Massage**
- **Website & Graphic design**



Contact Efah for further info



POPWOW Club & Academy
116 Changi Rd, WIS@CHANGI
#04-08, Singapore 419718



Name: Efah
Contact No: 8183 5954
Email: info@popwow.space
RSVP @ www.popwow.space

Youth Guidance Outreach Services (YGOS)

Aftercare Support Group

Quadrimester outdoor activities (Rock climbing, BBQ, Kayaking,
outdoor activity)



Every Monday
7pm - 10pm



YGOS Woodlands Center



Email: senghong@ygos.org.sg

COUNSELLING AND THERAPY





Centre For Psychotherapy (C4P)

Therapeutic Counselling and Emotional Healing

C4P's counselling services offer tailored support for those dealing with trauma, emotional distress, or maladaptive behaviours. Our therapists utilize evidence-based approaches such as Cognitive Behavioural Therapy (CBT) and trauma-informed practices, creating a safe space for healing.

Key aspects include:

- Addressing underlying issues such as low self-esteem, impulsivity and attachment
- Developing adaptive coping strategies for emotional regulation
- Nurturing insight and self-compassion through self-exploration



Monday - Friday, 930am - 5pm
Saturday, 930am - 130pm



7 Race Course Lane
#02-01, Singapore 218734



Contact No: 8856 2408
Email: info@centreforpsychotherapy.com
Advisable to reach out to establish an intake appointment prior to dropping in.



Centre For Psychotherapy (C4P)

Family Reintegration and Support

Understanding that family relationships are crucial to sustainable reintegration, C4P provides structured support for family members and participants alike. These services aim to foster healthier communication, trust-building and mutual understanding.

Components include:

- Family therapy sessions focused on restoring trust and resolving past conflicts
- Education for families on trauma, resilience and supportive practices
- Guidance on establishing clear, healthy boundaries and accountability



Monday - Friday, 930am - 5pm
Saturday, 930am - 130pm



7 Race Course Lane
#02-01, Singapore 218734



Contact No: 8856 2408
Email: info@centreforpsychotherapy.com
Advisable to reach out to establish an intake appointment prior to dropping in.



Prison Fellowship Singapore

"A bruised reed He will not break..." Isaiah 42:3

Prison Fellowship Singapore (PFS)

Counselling Support

Provide counselling and therapy work, helping inmates, ex-offenders and their families to re-integrate into society.



**For appointment,
call PFS Office at 6384 2338**



**1 Dorset Road
Singapore 219386**



Website: pfs.org.sg/after-care

Ukhwah Fillah (Ultimate Friends) SG

1-to-1 Para-counselling and Mentoring

To provide safe space for individuals/group to go through the addiction recovery challenges.



4th Friday of the month (Men)



Human Hearts Society



Azlinda: 9639 5658
Hairi: 9679 4171
Email: admin@nurazlindazulkifli.com

SHELTER SERVICES



SINGAPORE
PRISON SERVICE





The T Project

Shelter Services

The Alicia Project SG Ltd is the first and only trans-focused community service in Singapore. Founded in 2014, The Alicia Project SG Ltd now has The T Project, a homeless shelter, which provides a safehaven for the homeless in the community while they seek employment, healthcare, and more permanent accommodations. We work with hospitals, social workers, and government organisations, to support better services and care for the community. Our mission is to support Singapore's transgender community through providing a safe space and social service, allowing them to live their fairy tale life.



N.A.



N.A.



Kindly fill up the application form and social report on our website (<https://www.thetprojectsg.org/application>) and send it back to us at contact@thetprojectsg.org

Watchman's Home Community Services Ltd

Provision of Shelter

Shelter support



Date and time for interview can be arranged



1035 Upper Changi Road North
Singapore 507676



Contact No: 8877 1935
Email: watchmanhome.sg@gmail.com

GIVE BACK ACTIVITIES



SINGAPORE
PRISON SERVICE

Network



animal-assisted
interactions **sg**

Animal-Assisted Interaction Singapore (AAISG)

You would join aaisg's dogs and their owner to participate in our programmes. Our programmes include visiting nursing homes and senior centers to bring joy to the seniors there with our dogs or working with youth at risk to help them develop resilience or a growth mindset.

You will be part of supportive community made up of people who love dogs, and who want to partner with dogs to give back to the community.



**Dates and times of sessions vary,
most session take places on weekdays**



Location vary depending on the client



**Contact No: 8877 1935
Email: info@aai.sg**

Family And Inmates Throughcare Assistance Haven (FITRAH)

Community Give Back Projects

These projects can help desistors and families develop a sense of purpose, build positive relationships, and providing connection with the community.

FITRAH

Family and Inmates ThRoughcare Assistance Haven



N.A.



En-Naeem Mosque
120 Tampines Road
Singapore 535136



Contact No: 8318 2695
Email: contact@fitrah.sgmosque.co



HUFI

Volunteer Works

HUFI is an addiction recovery support group for Muslim women. Our holistic approach to help desistors in their recovery & reintegration journey include: support group activities, religious & spiritual activities (Islamic classes etc), group recreational activities (family oriented), sports & healthy living activities, personal development activities, skills upgrading (workshops, courses, etc), community engagement (volunteering etc).



**Last Sunday of every month
10am - 1pm**



Contact us for more information



**Name: Ms Susanty Yaakop (Chairwoman)
Contact No: 9007 9819
Email: hufi.bersatu@gmail.com/admin@hufibersatu.com
Website: www.hufibersatu.com**

Human-animal bond In Ministry (HIM)

Community Project at Woodlands Botanical Garden

An Animal-Assisted Activities, with Biophilia (natural environment) theory to explicate therapeutic effects: Animal-assisted activities provide opportunities for motivational, educational, and/or recreational benefits to enhance quality of life. While more informal in nature, these activities are delivered by a specially trained professional, paraprofessional, and/or volunteer, in partnership with an animal that meets specific criteria for suitability.

Experiences in natural environments and interactions with animals share the ability to reduce stress and anxiety. The beautiful part of HIM's AAI works is, we engage & empower our community (eg the ex-offenders as facilitators) to conduct the sessions. This also provides them a source of supplementary income as HIM provides a stipend to them who are still in transition (not employed yet). It is also their chance to give back to the society in serving the SSA's beneficiaries



First Saturday of every month



Blk 134 Marsiling Road



**Whatsapp: 6912 9759
Signup: bit.ly/AAAatWBG**



POPWOW GEMS

Community Activities

- **Volunteering opportunities for charity events**
- **Fundraising for community programmes**



Contact Efah for further info



POPWOW Club & Academy
116 Changi Rd, WIS@CHANGI
#04-08, Singapore 419718



Name: Efah
Contact No: 8183 5954
Email: info@popwow.space
RSVP @ www.popwow.space