

Empower. Maximise. Potential.

Issue 2: Jul 2023—Dec 2023

Maximise? Maximum? My name is not Maximus, is yours?



Time has flown by, and it has been 6 months since our last iCan issue, oh how time is zipping by! Thank you for taking the time to read, I hope that you will enjoy the read and it would be thought provoking for you as we did while writing!

In our previous issue of our iCan Magazine, we broke down our mission statement into the three key parts, "**Empower. Maximise. Potential.**" We described what "Empower" meant in the BCS context and promised to share further about "Maximise & Potential" in our subsequent issues.

In 2015, the Singapore government launched the SkillsFuture Movement—a national movement to provide Singapore's citizens with opportunities to develop to their fullest potential regardless of their starting points. – SkillsFuture Singapore

When we further understand the objectives of the SkillsFuture Movement, we at BCS resonate well with the initiative because its fundamental principle aligns closely with what we aspire to be for our community since our establishment in 2004. This is reflected in our mission statement: "We exist to reach out and empower the community through community-based services and programmes to maximise the God-given potential of each individual."

While the objectives may share similarities, the way BCS strives to empower our community through programs and services is unique, and we would like to delve deeper into the beliefs that underpin our approach.

Today, we will focus on the aspect of the word "Maximise."

The word "Maximise" derives from the word "Maximum." This word represents greatness and in fact means 'greatest'. It often carries positive connotations. A fun fact: at BCS, we would love to hear the words, "We have reached maximum capacity." However, as much as reaching a maximum is fantastic, on the flip side, it also represents a limit to what can be achieved. In the context of our community, it implies that an individual's or a community's potential has been reached. No matter how high or low that limit is, a limit exists, and unfortunately, its existence is usually unconsciously self-imposed or influenced by our environment.

We at BCS believe that one's maximum is not determined by oneself or their environment. Rather, everyone's potential is a gift from a higher power that transcends race or religion, and most importantly, it has no ceiling. Who am I to tell MYSELF that I can only achieve so much in life? Who are we to judge that YOU can only achieve so much in life?

I encourage you to take a minute to ask yourself: have you been setting a maximum for yourself? Are you surrounded by people who have been imposing a maximum on you?

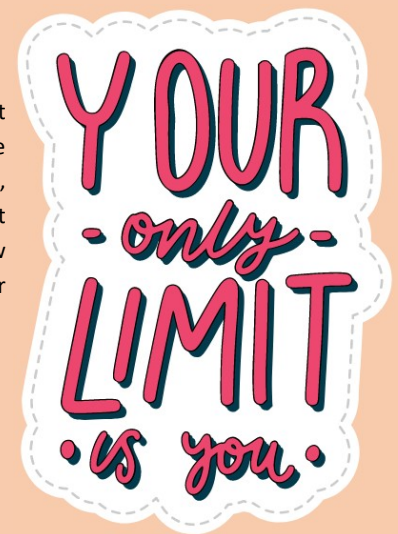
So, how does BCS encourage and empower our community to believe that they are more than what they or society tells them?

Our belief system guides us in engaging with our community, in our communication, in running our programs and services, in creating meaningful moments, and most importantly, in our efforts to empower our community. Our beliefs remind us that every individual has strengths and so much more in store for them. Our beliefs remind us that sometimes our community simply needs a reminder to move past the "maximum" and strive for many more maximums. Above all, our beliefs tell us that we empower not just by telling our community all this, but by holding their hands and journeying together with them.

To be honest, what we are trying to achieve and how we want to achieve it may seem like a tall order, and to many, it may not be the ideal way. But what we have learnt is that there is no single best way forward. Whether we succeed or not, we have also learnt not to worry, because one thing we certainly know is that we will not stop trying to make our community a better place. It is and will continue to be a challenging journey. BUT hey! Journeys are more enjoyable when we can journey together. So, as always, let us know if you are interested in giving back to our community. We will always welcome more companions!



Gregory Yeo
Social Worker



Greetings From the Chairman

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Strengthening Relationships

The convenience we enjoyed from mobile devices has subtly become the invisible dividing walls in our society. Before entering the twenty-first century, families often sat in their living rooms, watching their favourite television programmes and engaging in conversations about the shows. They often had endless topics to discuss over dinner and planned their next outings together.

Today, most family members watch their favourite programmes on mobile devices or personal screens in their individual bedrooms. Often, everyone stared into their mobile devices with earpieces during family mealtimes. It is no wonder that no one knows what each family member is going through. A recent study led by the NUS revealed that one in three adolescents report experiencing depression, anxiety and loneliness. Yet, only 10% of parents can spot signs of these mental health issues. Even more alarming is the fact that there were 476 reported suicides in 2022, the highest number since 2000, with 125 involving individuals aged 10-29.

Families need to make time to strengthen their relationships. The secret to building strong relationships is simple: you need a CAR! This CAR does not require a COE, does not run on costly fuel, and does not require road taxes. It runs on TIME. Here is the CAR that I recommend:

Communication – make time to talk and listen to one another (put aside mobile devices).

Appreciation and Affirmation – take the time to note what others are doing, and take a moment to appreciate and affirm them (do it verbally).

Recreation – schedule time to play together, travel together, engage in sports together, watch movies and concerts together. Enjoy and share laughter (avoid virtual games).

Start running this CAR today and experience stronger family relationships!

God bless you and your family.

加强关系

我们从移动设备（如手机）中享受到的便利已巧妙地成为我们社会中无形的隔墙。在进入二十一世纪之前，一家人经常坐在客厅里观看他们最喜欢的电视节目并谈论该节目。他们经常在晚餐时有说不完的话题，并讨论下一次的相聚。

如今，大多数家庭成员在移动设备上或在各自卧室的个人屏幕上观看自己喜欢的节目。很多时候，成员们在家庭用餐时都会戴着耳机盯着移动设备。难怪没有人知道家里每个人正在经历什么。新加坡国立大学最近领导的一项研究表明，三分之一的青少年存在抑郁、焦虑和孤独感，但只有 10% 的父母能够发现他们的心理健康问题。更令人担忧的是，2022年报告了476起自杀事件，是2000年以来的最高水平，其中125人是10-29岁的自杀者。

家庭需要腾出时间来加强他们的关系。加强关系的秘诀很简单：您需要一辆汽车！该车不需要COE，不需要昂贵的燃料，也不需要缴纳路税。它按时间运行。这是我推荐的CAR：C (COMMUNICATION)，A (APPRECIATION & AFFIRMATION)，R (RECREATION)

C: 沟通——腾出时间互相交谈和倾听（把移动设备放在一边）

A: 欣赏和肯定——花点时间注意别人在做什么，并花点时间欣赏和肯定他们（口头上做）。

R: 娱乐——安排时间一起玩耍、一起旅行、一起做运动、一起看电影和音乐会。享受并分享你的笑声（避免虚拟游戏）。

今天就开始驾驶这辆车，体验更牢固的家庭关系！

上帝保佑你和你的家人。



Rev Dr Chia Beng Hock
Chairman

Greetings From the Executive Director

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From the ED's Desk...

How time flies! We have passed the midway mark of 2023, and I recall writing here at the beginning of the year that God is good! Yes, indeed, God is good as we are constantly reminded of this through our various activities aimed at blessing our community, such as our seniors' outings and our last-Friday-of-the-month free haircuts with breakfast.

To enhance the sustainability of these community initiatives and programs, which reach out to the elderly and those in need, Bethel Community Services (BCS) held a Flag Day on June 10, 2023. After more than 10 years since our last Flag Day, we witnessed 52 full-time BCS staff and volunteers carrying tin cans, appealing for public donations.

During the Flag Day, after a short briefing, the groups fanned out to various neighbourhood heartlands such as Bedok, Bishan and our neighbouring precinct to collect public donations. One key objective of the Flag Day was to provide our volunteers and staff with a tangible experience of serving the community.

Approaching members of the public for donations, advocating for a good cause, facing rejections and not giving up— the physical fatigue and rejections provided a glimpse of the tough times our beneficiaries may experience on a daily basis.

Although it was tiring and uncomfortable standing out in the hot sun and humid weather, our staff and volunteers gave positive feedback, most sharing that they enjoyed themselves. They quickly realised that while times may be tough, going through such difficult times together as a community, side by side with comrades, helps foster stronger bonds among us.

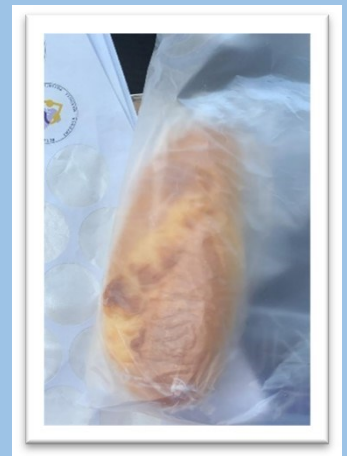
Through the Flag Day, they also witnessed "the good, the bad and the ugly" side of the public, experiencing both pleasant and unpleasant encounters. Some encountered blunt refusals while others donated generously. Some volunteers who came with their children, as young as primary school age, also shared that it was a rewarding experience as it helped instil empathy and taught them the essence of volunteering.

One of our volunteers shared a heart-warming incident that we thought would be great to share. A mother told our volunteer how her young son had reminded her to buy a bun from a nearby bakery so that he could give it to one of our volunteers. The family had passed by our volunteer more than half an hour earlier, and the young child thoughtfully believed that the "uncle" who had been standing out in the hot sun for so long might be quite hungry by then. He asked his mother to get something for our volunteer to eat. This young boy's sincere and kind gesture went a long way in encouraging our volunteer for his efforts.

The story of the little boy's effort to buy a bun for the volunteer reminded me of the Bible story (John 6:9-13) about a boy who gave his five loaves and two fishes, which Jesus multiplied to feed five thousand people, with 12 baskets of leftovers! Whether we give big or small, like the bun offered by the little boy or the thousands we may have to bless others, we know that when these are in God's hands, He can multiply them.

On this note, I would like to encourage our readers and donors out there to continue supporting BCS. Whatever small or large amount you contribute to BCS, whatever efforts you can contribute to our community, we can trust God to multiply them so that we can bless the community even more.

With this, I would like to conclude by thanking everyone for their donations as we Unite for Our Community!



Lilian Sze
Executive Director

Greetings From the Executive Director

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From the ED's Desk...

时光飞逝！我们已经过了 2023 年的中期，我记得年初在这里写下，上帝是良善的！是的，上帝确实是良善的，因为我们通过各种活动不断提醒我们这一点，以祝福我们的社区，例如我们的老年人郊游和每月最后一个星期五的免费理发和早餐。

为了提高这些社区倡议和计划的可持续性，以惠及老年人和有需要的人，距离我们上次举办售旗日已有十多年了，伯特利社区服务中心 (BCS) 于 2023 年 6 月 10 日举办了售旗日。当天，我们目睹了 52 名伯特利社区服务中心 (BCS) 的全职工作人员和志愿者携带募捐罐大举出动，呼吁公众捐款。

售旗日当天，在简短的情况介绍后，各团体分散到各个社区中心地带，例如勿洛、碧山和我们邻近的辖区，以收集公众捐款。售旗日的一个主要目标是为我们的志愿者和工作人员创造一个机会，让他们获得为社区服务的具体经验。

向公众寻求捐款，倡导美好事业，面对拒绝，不放弃。身体疲劳和拒绝让我们一睹受益人每天可能经历的艰难时刻。

虽然在炎热的阳光和潮湿的天气里站着很累、很不舒服，但我们的工作人员和志愿者都付出了积极的反馈，总体上大家做得很开心。他们很快意识到，虽然时势可能很艰难，但能够作为一个社区、与同志并肩共渡难关，有助于在我们之间建立更牢固的联系。

通过售旗日，他们也见证了公众“好、坏、丑”的一面，有愉快的经历，也有不愉快的经历，有的直接拒绝，有的慷慨捐赠。一些带着还在小学读书的孩子一起参与的志愿者也表示，这是一次有益的经历，因为这有助于向孩子灌输对志愿服务的肯定。

我们的一位志愿者还分享了一件特别温馨的事件，我们认为值得分享。一位母亲告诉我们的志愿者，她年幼的儿子如何提醒她从附近的面包店买一个面包，以便他可以传递给他（我们的志愿者）。半个多小时前，一家人就从我们的志愿者身边经过，小孩子关切地想，在烈日下站了这么久的“叔叔”可能已经饿坏了，便向妈妈拿了点东西。给我们的志愿者吃。这个小男孩的真诚和友善的举动极大地鼓励了我们志愿者的努力。

小男孩努力为志愿者买小面包的故事让我想起了圣经故事（约翰福音 6:9-13），讲的是一个男孩如何给了他的五个饼和两条鱼，耶稣将这些食物加起来喂饱了五千人。剩下 12 篮子！我们所奉献的无论大小，例如小男孩向志愿者提供的小面包，或者我们可能必须祝福他人的数千个面包，我们知道当这些在上帝手中时，他可以使它们倍增。

在此，我谨鼓励我们的读者和捐助者继续支持 BCS。无论您为 BCS 贡献多少，无论您能为我们的社区做出多少努力，我们都可以相信上帝会让我们更多地祝福社区。

最后，我要感谢大家在我们团结起来维护我们的社区时所做的捐赠。



Lilian Sze
Executive Director

Bethel Child Development Centre

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Little Project Warriors Assemble!

The June holidays was memorable for some of our BCDC children and our centre as they embarked on our first ever "Project Approach". The project had been undertaken by our K2 children and facilitated by our Senior Teacher Angeline.

Kudos to our children and Sr Teacher Angeline!

Based on what we have learnt in Term 2 on the topic of "Nature," we further extended our children's learning by introducing the KWL (Know, What they want to learn, Learnt) approach for a more in-depth understanding of a topic that interests the children.

Let us take a look at what the K2s are interested in!



Week 1 (KNOW)

Every child got to share and talk about what they already knew about nature.

The children freely drew on *mahjong* paper and shared their existing knowledge about the topic.

Week 2 (WHAT THEY WANT TO LEARN)

The teacher discussed with the students what they wanted to learn and helped them write down specific questions they had.

Some questions asked were:

Q1: What are dangerous plants?

Q2: How do they look like?

Week 3 (LEARNT)

Through a series of activities, including reading books and watching documentaries, the children were able to find answers to their questions about the Venus flytrap.

At the end of week 3, the K2s presented their learning by showcasing their paintings (individual artwork), 3D plants (group work) and a song that they composed.



The benefits of the Project Approach include:

Increased engagement:

Children are more engaged in their learning when they are actively involved in decision-making and research. As they take ownership of their learning, they feel competent and develop self-confidence.

Expanded vocabulary:

As children explore new topics, they acquire new vocabulary and knowledge.

Development of collaboration skills:

Children work both individually and in groups, building skills such as collaboration, cooperation and problem-solving. These skills align closely with our Ministry of Education's Nurturing Early Learners Framework, which emphasises the importance of developing these skills during preschool education. This framework also emphasises that preschool education is not just a preparatory phase for primary school education. Instead, it lays the foundation for children to become lifelong learners.



Li Peixuan
Principal

Bethel Tots Centre

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将宝宝送入Infant Care的好处

Infant Care是接收2-18个月婴幼儿中心，时间：星期一至星期五7:00-19:00

中心的日常养护包括：喂奶、喂粥，婴儿冲凉，换尿布，看护幼儿睡觉、讲授常规课程外，还会组织体能，美术，小厨房活动等。天气不错的话，我们也会带幼儿进行三十分钟的户外。

中心有安全及健康的环境，让婴幼儿的父母都能放心上班；婴幼儿也在中心参与群体，增加社交和语言能力；增强群体适应能力；学习礼貌，规矩和好的生活习惯。

老师以专业的态度，照顾婴幼儿的日常护理，教育和培养婴幼儿的创造表达、认知、语言、大小肌肉发展、数理逻辑和社会情绪发展。

我们从游戏中学习，让婴幼儿更愉快在游戏中通过观察和探索周围的环境来学习。我们会鼓励婴幼儿通过各种有目的的游戏展示他们的知识、技能，这可以使他们充满自信。如：一个学步儿开始学走路，这种体能的变化可以使他更好的探索周围的环境，进而发现更多新鲜的事物，这时老师给予他鼓励，他会开始变得更加自信和独立。以后当他遇到障碍物时，他会试图绕过或想办法解决。



Lin Fangyu
Infant Educator

Bethel Tots Centre

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Let's Play! Outside!

Importance of Outdoor Play

Playing outdoors allows infants the chance to explore their surroundings, improving their health and providing enjoyment for children of all ages. It is also crucial for their growth and development. Through outdoor play, children can express themselves and build self-confidence. It helps them socialize with other children. At the same time, it encourages them to learn about the world around them. Children who engage in outdoor play are happier, healthier and stronger.



Suggestions for Outdoor Play

- 1) Playing with balls can make physical activity fun. Throwing, catching and kicking balls help strengthen arm and leg muscles, as well as improve hand-eye coordination. Simple activities like kicking the ball to one another or bouncing balls up and down can be enjoyable ways to play with your child using a simple object.
- 2) Climbing up and down stairs in a playground enhances gross and fine motor skills development. Children use hand-eye coordination to grip and hold onto handholds and railings, wrapping their fingers around them. As they practise, their speed and balance will improve too.
- 3) Bubbles provide a fun way to bond with children, as they enjoy playing with them for extended periods of time. Running around and popping bubbles engages their hand, finger, foot and toe muscles, benefiting hand-eye coordination. Pointing and popping bubbles help develop fundamental skills required for catching, throwing, kicking and hitting. Playing with bubbles also develops children's awareness of how things move in different directions, such as up, down, left, right, under, over, in front and behind. Teachers and parents can even use a bubble shooter, which is a fun way to get children running and expend their energy.



All in all, children benefit from playing in large spaces that allow them to freely explore and move around. It is a great way for parents to spend time with their children and helps them build self-esteem and confidence.



Mahirah
Infant Educator

Bethel Social Services

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浩瀚宇宙里闪耀之星-我们都可以！

正所谓，“最大的敌人永远不是别人，而是眼前的自己”。每个人都是这无限可能的持有者，无论你是正在青春期的少年，还是退休中的年长者。这正是我们在伯特利社区服务(Bethel Community Services) 想要对我们所服务的邻里社区所要传达的力量与概念。近期观赏了与我们机构合作的青年合作伙伴 (The Resonance Project) 的一场与音乐相关的演出之后 (ignite Concert)，我更深深的和伯特利社区服务机构的理念达成了更深的共鸣。

名为 “The Resonance Project”的团体是由两名热爱音乐的高中初级学院学生，分别名为，Elijah Chao 和 Ivan Chao所发起和创建的。经过深思熟虑，这个团体成为了让青年展现他们音乐才华和用于表达自我的桥梁。他们甚至也促进了音乐对于邻里社区的家庭与孩子们的影响。团队的会员是义工管理制，学生义工也会到不同的机构教导来自于不同家庭背景的孩子以及年长者，不同的乐器玩法。而你万万想不到那场音乐会是由年龄14-18岁的青少年所演出的。更令我震撼的是他们演出所带来的感染力；坐席中的观众都随着音乐舞动起来，在附近商场的人群的目光也被表演所吸引，围群观看。在表演者当中可能有的是第一次面对这么多观众演出的表演者，但他们并没有因为恐惧或者看轻自己的年龄所赋予的能力，而退缩或胆怯，反而是因着一颗炙热的心，勇往直前。

相较于此，在探索新事物或活动时，我们往往会被卷入恐惧的漩涡之中，难以抽身，我也不例外。这份恐惧也是那位常常将我们潜能紧紧捆绑，无法脱身的罪魁祸首。但是，这份恐惧给我们带来的是自我限制与怀疑，常常和我们玩着斗志斗勇的心理游戏。我深信着在感染别人之前，我们必须先将自己感动。“而这份感动指的又是什么呢？” 它对于不同的人或许包含着不同的意义，但从我自己的经历与那场演出所体会到的，那对我是一份不被世界定义的自我认知而改变我们看待事物的角度。



从这群青少年的表演，我体会到了，“没有不好，只有可以更好”的正向概念。如果我们一直保持着负面的情绪和思维，我们将久久原地踏步。想要破茧而出，你就必须加强你的思维模态；不是从艰难的生活中落荒而逃，而是反而从一次次的经历中让自己变的更加强大。是的，我们的年龄，现状能力，精力，等等其他的外在条件可能为我们的梦想带来挑战，可是这些是我们无法控制的或有待提升的，可是从我们身上所带不走的是我们对生活的热诚。

我们无法掌控着生老病死，但我们能尽情的把握在这段人生的路途，活出属于自己的精彩与光芒！无论在人生的那个阶段，你都可以闪闪发光！



Clarissa Loh
 Programme Coordinator

Bethel Student Care Centre

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It's the Holidays~~~

With the examinations over, the students at the student care centre eagerly looked forward to the holiday programmes. The experienced teachers at the centre were well-prepared in designing programmes that would offer students opportunities to enhance their knowledge, skills, and interests. Through a variety of engaging activities and interactive classes that were both fun and educational, the holiday programmes aimed to provide students with a chance to pursue their passions and discover new ones. Here are some highlights from the June Holiday programmes.

The Water Balloon Outdoor Activity:



This activity required the group to solve some riddles to determine the number of water balloons each member would receive in order to “rain water” on the opposing group members. The group with the most correct answers would receive double the number of water balloons compared to the other group. In the picture, one can see a student discussing with another about whom to target with the water balloon.



The Slime Making Activity:



This hands-on and scientific activity involved carefully adding warm water to the mixture to achieve the right consistency for optimal results. The activity kicked off with the mixing of ingredients with a spoon and eventually led to the use of hands to enjoy playing with slime of different colours.



Holiday programmes aim to enrich students' experiences with purposeful indoor and outdoor activities, developing their interests and/ or cultivating new ones. Bethel's June 2023 holiday programmes successfully instilled important skills such as teamwork and problem-solving in the students.



Molly Heng
BSCC Teacher

Bethel Social Services

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Oops! Did I bring my Passport?

Some of you may have heard about our Bethel Activity Group (BAG) being formed back in October 2022, and since then, a lovely group of seniors has been gathering together on the first and third Wednesday mornings. From an initial small group of 20 seniors, we have steadily grown to engage 30+ seniors per session on a regular basis.



Within BAG, one of our most highly anticipated activities is our excursions to places of interest around Singapore, where we bring our seniors to visit locations they are keen to explore, such as Gardens by the Bay. Our most recent excursion in June was to Jewel Changi Airport.

Visiting Jewel Changi Airport was a significant moment for us. Although we weren't traveling overseas, this excursion was a memorable one. It was made possible thanks to the support of Citibank Singapore, who helped subsidise the outing costs. Their contribution allowed us to extend invitations to even more members of our community to visit Jewel. It was also a remarkable moment because we only had two staff members available for the trip, but with the help of volunteers, we managed to bring a record number of 93 people to the airport. This outing had more than twice the number of participants compared to our previous outing.

Excursions like this are crucial because, during our interactions with the seniors, we discovered that many of them would love to explore different parts of Singapore but are unable to do so due to various reasons. These include being alone, mobility issues, ticket prices, fear of venturing out to unfamiliar places, or not wanting to trouble their loved ones. Regardless of the reasons, we are fortunate to have the privilege of taking our seniors out, allowing them to step outside their comfort zones, which is fantastic for their wellbeing. Moreover, it provides them with a talking point to invite friends, family, or neighbours to join them.



BAG was formed with the objective of engaging the seniors in our community, providing them with an alternative place for social gatherings without worrying about limitations. We offer activities that they enjoy and, most importantly, this serves as an avenue for us to reach out to seniors who may be battling with isolation.

Our seniors have given a significant part of their lives to building our society, taking care of their families and paving the way for our current generation. They have indirectly become the foundational pillars on which our country strives to build our future generations. Now that they are older, they are still cherished members of our community and continue to be active contributors to the vibrancy of our society. Our beloved seniors are still full of potential, although perhaps in different ways than we normally perceive.

We see our seniors as our partners because who better to help seniors battle isolation than seniors themselves? Who better to invite isolated seniors out of their homes than those living beside or amongst them? Through BAG, if we can provide simple care, concern, and a generous helping of sincerity to our lovely seniors, we believe our own seniors have the potential to be and are already our best agents to overcome the gloominess of isolation.



Gregory Yeo & Elijah Xu
Social Workers



Management Committee and New Staff

Issue 2: Jul 2023—Dec 2023

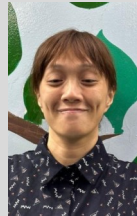
Getting to know our New Staff!



Ms Catherine Tan
BSCC Teacher



Ms Molly Heng
BSCC Teacher



Ms Kimberly Fong
BSCC Teacher



Mr Eddie Len
BSCC Teacher



Mr Kwah Sin Yong
Driver



Ms Rachel Lim
BCDC Teacher



Ms Chan Moa Chen
BCDC Teacher



Ms Ye Shihua
BCDC Assistant
Teacher



Ms Jennifer Khang
BCDC Teacher
Assistant



Ms May Tan
Cook



Ms Liu Furong
BTC Infant
Educator



Ms Evania Lim
Case Coordinator



Ms Joyce Puah
HR cum Admin
Assistant

Management Committee (2023- 2025)

Chairman:	Rev Dr. Chia Beng Hock
Vice Chairman:	Sr. Pastor Wong Yew Keong
Hon Secretary:	Mr. Phillip Teo
Hon Treasurer:	Mr. Thomas Foo
Members:	Dr. Ong Pui Sim
	Mr. Chia Eng Giap
	Mr. Steven Foo
	Dr. Tan Eng Chun
	Rev Dr. Moses Pi

SCAN THE QR BELOW

FOR OUR LATEST VIDEO!



CONTACT US @ 6744 7422

OUR WEBSITE : WWW.BTHELCS.ORG.SG

Bethel Tots Centre

(2 mths - 18 mths)

Address:

Blk 100, Aljunied Crescent,
#01-369 Singapore 380100

Tel: **6841 8762**

Bethel Child Development Centre

(18 months to 6 years)

Address:

Blk 111, Aljunied Crescent,
#01-110, Singapore 380111

Tel: **68469287**

Bethel Student Care Centre

(Primary school)

Address:

Blk 114, Aljunied Ave 2,
#03-75 Singapore 380114

Tel: **6744 4243**

Bethel Study Hall

(Primary School)

Address:

Blk 114, Aljunied Ave 2,
#03-75 Singapore 380114

Tel: **6744 7422**

Social Services

Bethel Activity Group

(Seniors)

Every first and third Wednesday of the month
10.00 am to 12.30pm

Monthly Haircut cum Birthday Celebration

(Seniors)

Every last Friday of the month
8.30 am to 11.30am

Traditional Chinese Medical Clinic

(Seniors)

Every Wednesday Morning
9.30 am to 11.30 am

Journeys by Night

(Children)

Every Thursday Evening
6.00 pm to 9.00 pm

Food Rations & Financial Assistance

(Community)

Student Crisis Financial Assistance

(Community)

Partnership and Referral Services

(Community)