

SAL Therapeutic Services

*Providing professional counselling services
to the church community*

COUNSELLING

To have a face-to-face conversation with a professional counsellor who listens and supports you in your challenges on your life's journey in a safe setting.

ART THERAPY

Using creative channels with a practitioner to explore thoughts and feelings about issues in a safe and secure environment for both adults and children.

PLAY THERAPY

Using a therapy toolkit that includes toys, storytelling, music and movement, puppetry and visualization, a child can explore in a safe setting their feelings with a practitioner.

THERAPLAY

An opportunity for a parent and child to strengthen their bonding through playful games, challenging activities and nurturing interventions in a safe space with a practitioner.

Cost : \$128.40 per hour

(Special rate for Anglican & related agencies
based on Income Range)

Face-to-face counselling is available by appointment only.

The Virtues Project™

Conducted in English and Mandarin

The Virtues Project™ is a framework for living the best life we can and helping others do the same. It offers 5 strategies that will help you to:

- Strengthen communication using virtues to acknowledge, guide and correct;
- Recognise teachable moments without shaming and blaming;
- Build resiliency and develop authentic self-esteem;
- Set clear boundaries based on "Restorative Justice";
- Honour the spirit of individuals and promote unity;
- Companion loved ones and others to find clarity and their own solutions

《美德在我心》是一个以5个策略作为架构的沟通模式，以建立更美好的人际关系：

策略1：以激励性的言语，用美德去肯定，引导或督责

策略2：学习观察/看见“教导时机”

策略3：设立清楚的界线/规则

策略4：尊重个人价值

策略5：有效的聆听与陪伴

Duration : 2 full days (9am to 5pm)

Cost : \$160.50 per participant
\$214.00 (non-Anglican)

Class size : 12 persons

Who should attend : Parents, Counselling Staff, Cell
Group Leaders, Sunday School
Teachers

To Give in Compassion To Receive in Gratitude



*The Lord is gracious and righteous;
our God is full of compassion.*
Psalm 116:5

*So then just as you received Christ Jesus as Lord,
continue to live your lives in Him,
strengthened in the faith as you were taught
and overflowing with thankfulness.*
Colossians 2:6



**ST. ANDREW'S
LIFESTREAMS**

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General Awareness Talk

These General Awareness Talks are set aside for any members of the church to come and participate in the discussions and personal sharing

Church Wide Workshops

These workshops are specific and relevant for individuals who have a vested interest in the experiences shared and discussed

Equipping Churches Pastoral Staff & Lay leaders

These modules equip the church leaders in the development of a faith community

PROMOTING SPIRITUAL HEALTH IN THE HOUSE

Attend this experiential talk and learn from each other on how your relationships at home can develop deeper bonds through submission to Christ and each other.

BUILDING STRONG TIES WITH YOUR CHILDREN

Attend this experiential talk and reflect with others on how you engage with children to develop fulfilling interactions that has positive impact on both parent and child.

BUILDING VALUES WITH YOUR CHILDREN

Come and learn from each other on how to build on important Christian values between adult and child to lay a strong foundation in the home

Duration : 1.5 hours

Cost : \$10.70 per participant

Venue : Church to host and collect payment

Class size : 30 persons (minimum)

Who should attend : Pastors & Staff, Parents, Teachers, Cell Leaders, Counsellors, Youth Leaders

UNDERSTANDING AND PROVIDING GRIEF SUPPORT

Come and attend this workshop to experience and understand how others navigate through the grieving process and learn how you can play a supportive role in attending to them.

UNDERSTANDING AGING AND CARING FOR THE ELDERLY

Come and attend this workshop to understand the needs of our elderly and learn from others on how we can provide the necessary support for them in their Golden Years.

Duration : 1 full day (9am to 5pm)

Cost : \$53.50 per participant

Venue : Church to host and collect payment

Class size : 24 persons (minimum)

Who should attend : Pastors & Staff, Cell Leaders, Counsellors, Caregivers, Teachers

PASTORAL CARE MODULE (PCM) 1 Learning To Dialogue

These modules explore attending skills within the framework of the Dialogue Model of Jesus to develop better interpersonal relationships within the faith community.

Duration : 5 full days (9am to 5pm)

Cost : \$267.50 per participant

\$401.25 (non-Anglican)

PASTORAL CARE MODULE (PCM) 2 Promoting Dialogue

These modules explore strategic influencing skills that enhance and promote interpersonal relationships within the faith community.

Duration : 4 full days (9am to 5pm)

Cost : \$214.00 per participant

\$321.00 (non-Anglican)

Class size : 8 persons

Who should attend : Pastors, Pastoral Staff, Cell Group Leaders, Counselling Staff, Sunday School Teachers