



**SERVING
SINGLE PARENTS & LONE CAREGIVERS
WITH CHILDREN UNDER 18**

No income criteria or geographical boundaries



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HCSA SPIN

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ABOUT SPIN

We work with both single parents and your children to enhance your well-being, strengthen your social support and empower single parents to better care for the holistic needs of your families



Empowerment workshop

DESIRED OUTCOMES



FEEL BETTER AND COPE BETTER

through counselling and group sessions, as you feel more supported and less stressed to face life's challenges



MORE CONFIDENT PARENTING

by empowering you to make informed parenting choices, while also making sure you have time to care for yourself



STRONGER SUPPORT NETWORK

by connecting with other single parents and accessing helpful community resources, so you aren't on this journey alone



PRACTICAL SUPPORT

Access our self-help portal, useful resources and referrals to services, and receive support with your groceries



RESPIRE CARE

Need a short break from parenting? Have some time to yourself every month to rest and recharge



SUPPORT FROM OTHER SINGLE PARENTS

Connect with fellow single parents, including our

SOLO & STRONG
alumni community

SINGLE-PARENT SERVICES



WORKSHOPS & FUN ACTIVITIES

Learn useful life and career skills, and enjoy bonding time with your children



COUNSELLING

If you are going through a tough time, we offer counselling to help you cope and feel better



BEFRIENDING

Our volunteers are here to check in on you regularly, to extend a listening ear and helping hand



CHILDREN SERVICES



COUNSELLING

Feel sad, worried or angry? We help you better understand and manage your feelings, so you feel stronger inside!



GROUP TUITION

We try to help you make better sense of the topics you are struggling with, so learning feels easier and more fun!



HOMECOMING SUPPORT

Find homework hard at times? Our friendly helpers are here to guide you and cheer you on!



Tuition class



Visit to Ice Cream Museum

We are so glad you came.
(And so are the animals.)

Your visit comes with conservation included.



Visit to Singapore Zoo