

Families are the bedrock of our nation

Whether you represent a school, community or corporate partner, join us as we build stronger families for a better Singapore. Here's a quick look at our key public events and ongoing programmes in 2021.

HAPPENING IN 2021

**Dates are subject to change.*



Public Webinars: Raising Future-Ready Kids Series

School Readiness & Social Intelligence | 6 Feb

Transitions are part and parcel of life, but how can we prepare our child for change? Discover your child's developing world and how you can holistically equip your child to embrace growth and adapt to a new environment. www.family.org.sg/RFRKSchReady

Relational Health & Sexual Intelligence | 24 Jul

Love and sex are a tale as old as time, but a taboo topic even today. How can we confidently discuss healthy sexuality and relationships with our children? Discover ways to empower your child from young to make wise decisions for their body and manage thriving relationships.

Mental & Emotional Resilience | 4 Sep

We live in an increasingly fast-paced and competitive society often described as a VUCA (Volatile, Uncertain, Complex, Ambiguous) world, where the pressure to succeed and perform can leave our children feeling panic-stricken and overwhelmed. How can we nurture our child's psychological resilience to better manage stress? Be empowered to emotionally coach your child towards a positive and healthy attitude for learning and living!

Suicide Prevention & Mental Health | 9 Oct

Life brings with it the inevitable challenges that can sometimes threaten to derail our child. Do you know if your child is experiencing overwhelming anxiety, demonstrating signs of depression, or has even entertained thoughts of suicide? Be empowered in your parent-child relationship to build a strong foundation of open and ongoing communication so that you are the first – and last – line of defence for your child's mental health and wellbeing.

www.family.org.sg/RFRKmentalhealth

Campaigns

Celebrate Marriage Campaign

| 5 - 15 Feb

Inspiring husbands and wives to enhance intimacy and deepen their marital commitment to each other.

www.family.org.sg/CelebrateMarriage

Mother's Day Campaign

| 30 Apr - 10 May

Appreciating mums and empowering every mum to thrive in their season of motherhood and family life.

www.family.org.sg/MothersDay

Father's Day Campaign

| 11 - 21 Jun

Recognising Dad's efforts and encouraging fathers in their role and involvement in the family.

www.family.org.sg/FathersDay

Children's Day Campaign

| 24 Sep - 8 Oct

Helping parents to celebrate their unique child, nurture connectedness and build protective factors for their success.

www.family.org.sg/ChildrensDay

Invest in Family, Invest in a Brighter Future.

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FamChamps

A values-driven student initiative to promote the holistic message of Family and raise future Family Champions

www.famchamps.sg

FamChamps Conference | 25 May

Inspirational insights from experts on family issues and youth voices on building relational resilience at home

FamChamps Immersion | 4 Jun - 31 Jul

Community-building initiative for like-minded youths to meet, converse and champion the cause of family

Youth Day Campaign | 25 Jun - 5 Jul

Inaugural annual campaign to celebrate the unique potential of youths to bring change to Family

FamChamps Camp | 25 - 27 Oct

Experiential learning, equipping and envisioning for youths to understand and strengthen their present and future families

Signature Events

Specially curated for parents and their adolescent children to celebrate a child's coming of age and establish their parent-child bond through dedicated one-on-one time and intimate shared experiences



Create with Mum | 14 Aug

An exclusive time for Mum and her tween to celebrate milestones, build memories and set positive moods at home.

www.family.org.sg/CreatewithMum



Date with Dad | 11 Sep

Strengthening the special father-daughter bond with fun engagement, deep conversations and a shared commitment.

www.family.org.sg/DatewithDad

Download our [Programme Menu](#) if you'd like to explore bringing family life programmes to your organisation or parent group(s).

For enquiries, contact us at Partnerships@family.org.sg