

IN THE NEWS

THE PENCIL AND ERASER STORY

EMCC was invited to do a 1-hour lunchtime talk on 14 November 2014 for the staff of Civil Service College. Entitled "The Pencil and Eraser Story" the audience was introduced to the 5 Love Languages (Physical Touch, Words of Affirmation, Quality Time, Acts of Service and Gifts) – a term developed and coined by Dr Gary Chapman a marriage counsellor and now author of 5 other books.



The take home point was for each participant was to be more aware of these 5 Love Languages and how they could demonstrate them to their children of various ages, despite their busy schedules.

Audiences were also shown a video showing a conversation between a pencil and an eraser. Through the story the audience learnt that all of us were once pencils (children) with erasers (parents) who nurtured, invested and created a lasting impact on us. It is now our role as parents to choose to build our children up and love them as much as our parents loved us.

SOFT SKILLS FOR A HARD WORLD – TRAINING FOR FRIENDS OF LITIGANTS IN PERSON (F.L.I.P)

In partnership with the Community Justice Centre (CJC), EMCC held a workshop on 11 November 2014 to train court volunteers who will become friends of litigants in person (F.L.I.P). These friends of litigants in person are required to provide emotional and practical support to those who are self-represented in court. Those who choose to be self-represented can often feel emotionally distressed and as a result become unable to make careful and thought-out decisions.



Through presentations, videos and role-plays, participants learnt about the differences between showing empathy and sympathy, how to practice active listening as well as to identify the 7 basic emotions and how each individual emotion is triggered. Participants also learnt to view people, the world and events from a different perspective. Participants had this to say about the workshop:

"Overall the experience gained from the talks and activities will enhance our work."
"[I learnt] how to handle the Litigant in Person with respect, as a person rather than a case."

We hope that the workshop has equipped the F.L.I.P to be able to be effective in assisting the litigant in person, allowing them to have fairer access to justice.



EMCC has been involved in strengthening marriages and building healthy families since our founding in 1997. Today we continue to offer services and programmes to people in various stages of their marriage and family journeys.

Our integrative counselling and mediation services provide intervention to couples and families facing crisis situations in their relationships. These services are complemented by our preventative workshops, which equip people with tools to face the different challenges of married life and parenthood, and aim to arrest these issues before they require intervention. Preventative programmes under our Training & Education arm include 'Father-Teen Conflict Management', and Gottman Institute's '7 Principles Programme for Couples' and 'Bringing Baby Home'.

'Celebrating Hope' is our charity gala fundraiser happening on 2 January 2015, where we aim to raise \$250,000 to fund these preventative workshops from 2015 to 2017. As part of the Singapore Government's SG50 celebrations, EMCC was selected as a beneficiary of their Care & Share programme where every public donation dollar raised by 31 December 2014 is matched, effectively doubling your generosity to EMCC and our clients. These funds will help clients that are unable to pay the full price for our workshops, as well as subsidise course fees to ultimately strengthen marriages and family relationships of some of the more vulnerable families in our community.

\$100 will cover the cost of one father attending the Father-Teen Conflict Management workshop, \$1,000 will cover the cost of three couples attending the Bringing Baby Home workshop, and \$5,000 will equip 50 fathers with tools to manage conflicts with their teens.

To find out more about the fundraiser, visit us at <http://emcc.org.sg/Celebrating-Hope>. There are options available for your contribution to our fundraising efforts for the workshops mentioned above too.

SOCIAL MEDIA



Eagles Mediation & Counselling Centre (EMCC)

1 December

You know about Black Friday and Cyber Monday, but did you know that TODAY is #GivingTuesday? #GivingTuesdaySG proves that the holidays can be about both giving and giving back. It celebrates how Singaporeans can do more with their wallets t... [See More](#)



Like · Comment · Share

Andrew Pang, Mackie Chee, Eka Wati and 19 others like this.



Eagles Mediation & Counselling Centre (EMCC)

30 November

Those you are close to have tremendous influence on your attitudes and habits. How are they influencing your marriage?

(Picture source: <http://instagram.com/marriage365>)



Like · Comment · Share

Adelene Chan, Jay Tan and 4 others like this.

We are grateful to all our donors who have supported our work all these years. Your continued donation will enable us to provide subsidized counselling and mediation services for low-income families facing difficult times as well as public education workshops. Thank you for helping us build stable, harmonious families and communities.

© 2014 EMCC (Eagles Mediation & Counselling Centre)
177 River Valley Road, #05-19 (Level M5), Liang Court, Singapore 179030
TEL : +65 6788 8220 FAX : +65 6788 8218
EMAIL : reachus@emcc.org.sg

www.emcc.org.sg