

IN THE NEWS

SILVER AGE PARTICIPANTS LEARN TO BUILD AND STRENGTHEN MARRIAGES

EMCC was contracted by The Centre for Third Age (C3A) to organise the workshop titled "... because we said, I do" – The Gottman Seven Principles for Couples.

Held on 21st August 2014 at NTUC Coasta Sands, Downtown East, the scientifically acclaimed workshop developed by the Gottman Institute in the United States was attended by 17 couples who were aged 50 and above.



Group of Silver Age Participants

Mr Billy Chan, Assistant Manager (Marriage Journey) said "It has been interesting working with this group of couples who have been with each other in their moments of ups and downs. We hope that this workshop has given the couples the necessary tools to strengthen and build their marriages as they go through the silver ages together."

A participant commented, "This workshop helps to remind us, we can't take things for granted and continuing to build and strengthen our marriage is a must".

It was a fruitful time for the participants as they got to learn and experience the science of love behind the success of what makes marriages work. It was also a time where couples who had been with each other for more than a decade got to truly know their spouses even better.

STARHUB CELEBRATES 2014

Dressing up as superheroes, enjoying good food and company, and raising money for building healthy families, all at the same time - What could be better?

On 5 September, we were privileged to be the beneficiary for StarHub Celebrates 2014, their annual Dinner & Dance, where staff of StarHub showed their support for our cause by donating generously. For the entire month of August, StarHubbers were encouraged to give to EMCC, with every \$5 entitling them to a lucky draw ticket at the D&D event.



A total of \$16,880 donated to EMCC.
Thanks StarHub!

The theme of the event was 'Groove of the Future'; we had a blast mingling with StarHubbers (especially the management team!) decked out in everything from X-men costumes to Matrix trench coats. It was a great chance to connect with our hosts and lay the groundwork for future collaboration that could make an even bigger impact on the community.

We're thankful for the investment this corporate partner has made in strengthening the foundation of our society – family relationships.

MEDIATION HELPS A COUPLE WORK THROUGH THEIR MARRIAGE

Jonas* and Mandy* (pseudonyms used to protect their identity) attended at EMCC after being referred by a friend and confidante, John, a supporter and donor of EMCC. Jonas and his wife, Mandy, had already been separated for more than 5 years, and the both of them wanted to move on with their lives. They wanted an amicable divorce for the sake of closure, and for their 10 year old child.



When EMCC's mediators first saw the couple, an uneasy disposition hung around them. They had some very interesting interactions with each other, and seemed to be deferring to one another very much. This was surely very abnormal for a couple that had been separated for so long, and one who seemed like they were sure about a divorce.

In about 10 minutes into the case, the mediators decided that the couple was not too ready to proceed on for their divorce mediation, decided to call in a counsellor to see them instead. Assuring the couple that EMCC was not going to impose upon them 'marriage counselling' to 'reconcile' them, they were willing to both attend counselling to see if their marriage was indeed over, and if so, how could they work on, among other areas of their lives, co-parenting.

The mediators had also assured them that if they are to proceed with divorce after counselling, we would still take up their case. This provided the couple a peace of mind that there was no pressure to force things to work out, and also helped them process their emotions about their divorce.

With the generosity of our donors, EMCC was able to provide Jonas and Mandy counselling for 6 months, individually and as a couple, to work through their emotions, fears, and thoughts on the state of their marriage. Insight as to why the marriage had come to this point, as well as insight into how they felt about it provided them the clarity to make good decisions when it came to whether to go ahead with a divorce, and the decisions they had to make surrounding the divorce.

Jonas and Mandy were not well-off, and needed the subsidy to provide them the opportunity to attend at EMCC for counselling and mediation services. Their child, while not present at the sessions while the parents were working on the issue, was the greatest beneficiary.

Jonas and Mandy decided that a divorce was the best solution for their situation. It was not an easy decision for them, and the divorce mediation was done without acrimony, but with clarity as to why they have arrived at this decision, and how they can move forward, while not being best friends, are not worse enemies. The divorce mediation then happened with both parties willing to make concessions and work in the interest of the future, while understanding the past clearly; their grief was being worked through, and parties were more cordial.

Donor support and believers of our work, like yourself, play an important but unseen part in the role of EMCC in the community. Your donations made it possible for the Jonases and Mandys to attend at EMCC to receive the help they need, so that they can be restored to playing a positive role in their families, work and community. The profile of clients like Jonas and Mandy are common, and we are grateful for your support in helping them.

SOCIAL MEDIA



Eagles Mediation & Counselling Centre (EMCC)

September 16 • Edited

EMCC is a non-profit organisation which enables people to effectively manage personal, marital, family and organisational challenges and conflicts. <http://emcc.org.sg/>

Our services include: mediation for marital/family disputes, couple cou...
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👍 Jaclyn Tay, What's On Your Mind?, Rachel Chan and 5 others like this.



Eagles Mediation & Counselling Centre (EMCC)

18 hours ago

Be honest - your new baby becomes your world. But does your relationship with your spouse have to take that distant second place?

Research has shown that the strength of a couple's relationship directly affects a child's cognitive and soci... See More

RECOGNISING YOUR PARTNER'S BIDS

Your Emotional Bank Account

- 1 For attention or interest**
"Look at this!", calling your name, a glance
- 2 For conversation**
"I'm worried about your brother."
- 3 For relief**
"I'm exhausted. Can you take care of the baby while I nap?"
- 4 For humour or play**
"I heard a new joke...", playfully flicking water etc.
- 5 For affection**
A touch on the hand, asking for a back rub or hug
- 6 For empathy**
"My boss hurt my feelings today," or "I feel sad."

Turn TOWARDS, not AWAY or AGAINST!

emcc.org.sg/bbh

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Rachel Chan, Linda Heng and Alvina Ng Shih Chi 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.

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