



Sundown With Love



Kimberly Phua tells us her story of how sports and unwavering support from loved ones have been carrying her through her battle with depression and binge-eating disorder. Kimberly is running the Sundown Marathon this July in support of EMCC. [More](#)

Behind the Hotline: Build a best

Training MOE

Jay's Story



Have you thought about seeking help at a counselling centre? Ever wondered whom you'd be speaking with on the other end of the line?

[More](#)

friendship!



Making your spouse your best friend is the solid foundation for a healthy marriage. A solid friendship...

[More](#)

Leaders



When you're in charge of a school, handling the conflicts between staff, parents, students etc. must require excellent conflict management skills. [More](#)

Find EMCC Singapore on



© 2015 **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
%UnSubscribe%

EMCC
There is hope.

