



Why good fathers play ever changing roles

Children with fathers who are deeply involved in raising them grow up to be happier, healthier and smarter. But the role which fathers play changes at different stages of their child's development, from infant to adult.

Figure out Fatherhood >>>



| Highlights |

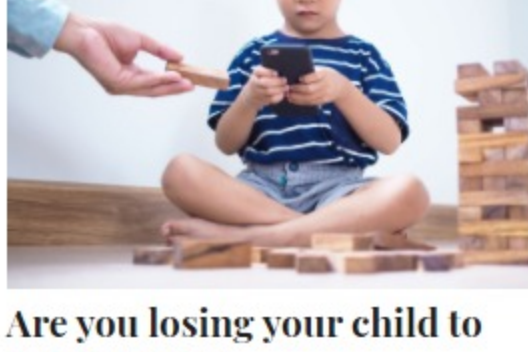
[Teens in Transformation](#) | [Parenting with Digital Literacy](#) | [父亲节分享会](#) | [促进夫妻关系](#) | [Weather-proof your marriage](#) | [Discernment Counselling](#) | [Transcending Divorce](#) | [DIY Gift Idea](#)

| Promises of Parenting |



Teens in transformation: how parents can help

As children grow into teens, they undergo immense changes within themselves and in their relationships with others, which can be an overwhelming experience. In this fifth clip of a multi-part video series, Evelyn Khong explains how parents can provide trusted guidance to their teens amidst the anxieties of adolescence.



Are you losing your child to cyberspace?

Just as parents of all eras model proper table manners for their children, so must parents today engage their children on healthy digital habits. Learn how keeping abreast with virtual trends can help you build a rewarding relationship with your little digital-native.

Parenting with digital literacy >>>



父亲节分享会

父亲在家庭中扮演着重要的角色，也陪伴着孩子成长。相较于传统的父亲，爸爸们在现代社会所面对的挑战有什么不同？怎么样才算是一个称职或优秀的父亲呢？我们特别邀请到飞跃社区服务的凌展辉执行主任，张永敏及两位青少年，以轻松，座谈的方式与您真诚地一同探讨并分享观点，不要错过这难得的机会！欢迎大家通过以下链接踊跃报名参与这免费线上讲座！到时见！

日期/时间: 2021年6月19日 (星期六), 4:30-6pm

讲员: 凌展辉, 张永敏

讲座媒介: Zoom Online

语言: 华语

费用: 免费

报名参与 >>>

| Matters of Marriage |



《相信对方的真实意思》促进夫妻关系第六课

你相信妻子或丈夫所说的话吗？很多先生与太太沟通时常会忽略对方的讯息，因为没有真正了解与相信对方的意思。如何跟伴侣对话时有信用呢？让飞跃执行主任凌展辉在此分享见解。这是八堂课中的第六课，续集将陆续献上。敬请期待！



Do you have an all-weather marriage?

Just like the weather outside, a marriage may experience both sunny and stormy conditions from time to time. Learning how to wisely manage this natural cycle of “lows” and “highs” is key to a happy and lasting marital relationship. Here are 4 tips to note.

Weather-proof your marriage >>>

| Dealing with Divorce |



Repair or Divorce? Make your best decision with Discernment Counselling.

At what point do the challenges of a marital relationship become unresolvable—making divorce, and its long-term effects, the better option? To answer this question, spouses need to holistically examine what their marital issues really are, before making an informed decision on how to separate amicably or repair their relationship. Discernment counselling can provide a safe space for this important discussion to happen.

Decide with discernment >>>



Transcending Divorce Group Support Programme

Divorce is a painful life event which nobody should have to endure alone. Organised by Healing Hearts @ Fei Yue, Transcending Divorce is an online group support programme which can help you process your emotions and grow from it. Journey with us so that you can heal and move ahead.

Life after Divorce >>>



Father's Day: DIY gift idea

Guide your kids to create a one-of-a-kind handprint keychain for dad!

Mark your love >>>



Have inspiring stories to share?

Every day, there are individuals who struggle with different challenges. If you have an inspiring story of how you've overcome an obstacle in your life, do send it to us at familycentral@fycs.org. Your uplifting testimonials would go a long way to spur them on.

(Let us know in your email if you prefer to remain anonymous.)



Family Central is on Facebook and Instagram!

Like and follow our social media channels for useful nuggets on building strong families and lasting marriages, as well as the latest details on our upcoming workshops. Help us reach more families by sharing our page or posts.

Website: family-central.sg

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Fei Yue Community Services
491 River Valley Road, Valley Point Shopping Centre
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