

ABOUT SHAN YOU

Shan You Counselling Centre is a non-profit organisation set up to provide counselling and social services to children, youths, families and the elderly, regardless of race and religion. Our agency was registered with the National Council of Social Service (NCSS) on 17 June 1995 and has been receiving partial funding for our counselling services.

In 2000, the Centre was appointed as one of the Family Life Ambassadors (launched by the MCYS) to promote Family Education (FLE).

OUR VISION

To be a hub for community services, and to encourage the development of family life and the well-being of individuals through the support of the Community.

OUR MISSION

Shan You serves society with the Buddhist spirit of unconditional love. We achieve our mission through

- Counselling and social services
- Nurturing and educating volunteers
- Disseminating information through talks, workshops and literature

OUR OBJECTIVES

We offer services to children, families, youths and the elderly, regardless of race, religion and ability to pay.

1. Promote mental and physical health of the community.
2. Promote family life and wellness of children, families, youths and the elderly through positive intergenerational bonds.
3. Educate the community about behavioural health and promote healthy lifestyle through public and professional education.
4. Advocate for the community's needs in relation to government policies that concern behavioural health and wellness.
5. Expand and maintain a pool of clients served by trained and supervised volunteers.
6. Cultivate a learning environment for the development of staff and volunteers for best practices in the delivery of services

VOLUNTEER MANAGEMENT OVERVIEW

✓ VOLUNTEER RECRUITMENT

- Selection
- Screening
- Interviewing
- Placing

✓ ORIENTATION

- Introduction of centre, services available, requirements of the different services.

✓ VOLUNTEER TRAINING

- Provide training for volunteer on facilitating skills, event organising skills, leadership training skills, communication skills & etc.
- Provide specific training for volunteers in Befriending service; Training content should include:
 - ☺ Understanding basic helping process and relationship.
 - ☺ Basic knowledge on elderly issue and human development.
 - ☺ Basic helping/counselling skills
 - ☺ Personal growth & development.

✓ VOLUNTEER SUPERVISION

- Provide regular supervision needed by volunteers in respective programmes.

✓ VOLUNTEER RECOGNITION

- Appreciation party / Annual Get Together

volunteer.
recruitment



Enhance Mindfulness Lifestyle through your power to apply your

- Compassion
- Loving Kindness
- Optimism
- Self Awareness
- Social Support



SHAN YOU COUNSELLING CENTRE

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Email: shanyou@shanyou.org.sg

Website: <http://www.shanyou.org.sg>

Join Us To Make A Difference!

CONTRIBUTE YOUR TIME!

ENRICH YOUR LIVES & OTHERS!



CONNECT with people; make new friends.

CONTRIBUTE your time in meaningful community services

EARN the smile and appreciation from the disadvantage group.

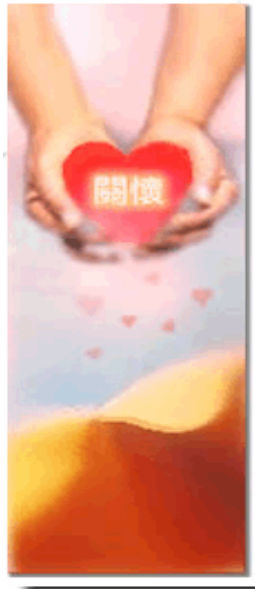
EXPAND your understanding of your chosen life.

GAIN valuable voluntary work experience & personal development.

IMPROVE your knowledge & skills in interpersonal relationship.

SELECT YOUR AREAS OF INTEREST

- **Befriending Service**
- **Food Rations Distribution Service**
- **Social Support Service**
- **Case Assessment**
- **Helpline Service**
- **Administrative Support**
- **Events Support**



CONTACT ME ! I WOULD LIKE TO REGISTER

I am interested in:

I can commit to approximately:

_____ Hours per _____

I can be contacted at:

Name _____

Address _____

Home: _____ Off: _____ HP: _____
Phone

Email Address _____

Additional comments / information:

Please fax the registration slip to us at 6741 9352. For any enquiries, please contact Peh Yee / Jane at 6741 9293 or email pehyee@shanyou.org.sg For more information please visit our website www.shanyou.org.sg