

What participants say

“The counsellor is able to connect and engage us. Really find the activities therapeutic and enjoyable. Materials were really useful. We were open to share our thoughts and our grief journey. So glad to have attended this programme.”

Evelyn Seow

Hong Choon Lan

Jade Ong

“Honest sharing without judgement.”

See Seok Eng

“Light, heartwarming and stress-free sessions. Hands-on sessions were interesting. Learnt to count my blessings. Enjoyable on the whole. Will recommend other widows to join the programme.”

“The programme is well-planned and can be very insightful and thought-provoking at the same time.”

Anna Yee

“Explanation was clear. Skills taught were eye-openers and helpful. Very sensitive and compassionate.”

Leow Chye Sian

“Clear presentation, good coverage of topics, hands-on sessions such as art, bracelet-making. There is care and support.”

To find out more about WiShine,
please call **6354-1941**
or
email **contactus@wicare.org.sg**

WiShine

Grief counselling
and support services
for widows aged 50
& above

The Wicare Support Group is a voluntary peer-to-peer support group that brings hope to widows and the fatherless. Services are designed to provide emotional and social support to help widows and their children cope with bereavement and rebuild lives.

Wicare Support Group

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Wi♥care

The death of a spouse is one of the most stressful events that anyone can encounter.

Grief can be an isolating experience. And if you are in your senior years, bereavement can be a greater struggle.

Health issues, loss of independence, loneliness and other issues that come with ageing can deepen the grief. Recovering can be challenging.

It is important to get help when grief and loss overwhelm thoughts, feelings and behavior.

Having someone to talk with about fears, painful emotions and hope through this difficult time can help alleviate sadness, denial and isolation, besides providing comfort and strength.

WiShine supports senior widows aged 50 and above to adjust to widowhood through a programme that comprises any of the three components below:

Individual Counselling

Individual counselling helps one to let go of her grief and adapt to a new life:

- ▶ Conducted by professional counsellors; and
- ▶ Counselling services include assessments and intervention.

Care and Connect

The Care and Connect Group brings widows together in a safe place to talk about their fears, emotions and hopes associated with grieving. There is support for one another as they adjust to widowhood, knowing that they do not walk alone:

- ▶ 3 to 5 weeks structured grief recovery programme;
- ▶ Facilitated by a counsellor; and
- ▶ Topics include understanding grief reactions, roadmaps to cope with grief and building practical and social support.

Rebuild and Shine

Rebuild and Shine is a guided reflection conducted by volunteers widowed for a period of time and have made satisfactory adjustments in their new life.

Through befriending and sharing of experiences, the recently bereaved gets support to cope with grief and to rebuild her life:

- ▶ 6 months journey;
- ▶ Facilitated on a one-to-one basis; and
- ▶ Topics include developing self-awareness, learning positive coping strategies, and improving socio-emotional support.

Beacon of light during dark times

Travelling was a big part of Nancy Tan's life. She often visited countries across Europe or Asia with her late husband. He planned and Nancy would make the travel bookings. Prior to his passing in August 2018, Nancy's husband contemplated visiting Lijiang in China, but he passed away before the trip.

Grieving her loss, Nancy, aged 62, wondered, "How can I travel to Lijiang so that I can fulfil his wish? Do I have the courage to do this alone?". The answer came during a WiShine grief support group session. A fellow participant had travelled there and shared her experiences and advice. Encouraged, Nancy made plans to tour Lijiang with a friend.

Nancy related to her daughter how she could share her loss with fellow widows in ways that she could not with family and friends. She has learnt how to handle her grief better and takes solace in knowing she is not alone. She has even made new friends who stay connected via a chatgroup.

Although she continues to grieve, Nancy has found courage for new experiences and is even seeking a new challenge – going back to work again. Nancy said, "Even during my first visit to Wicare, I felt the care and support. Being part of WiShine has been brightness during this dark time".

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Nancy Tan

