



# UNCOMMON VOICES

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## When Marriages Falter and Conflicts Flare, Counselling and Couple Programmes Offer a Way Forward

### EDITOR'S NOTE

Differing parenting approaches, financial pressures, and poor communication habits can all strain a marriage. Yet many couples still view professional help as a last resort – turning to it only when things are already falling apart. At a time when divorce rates in Singapore are rising, seeking support early can prevent tensions from escalating and help relationships grow stronger.

In this issue, we spotlight couples navigating marital strain who found safe spaces to pause, reflect, and reconnect through marriage counselling and enrichment programmes. From a marriage teetering on the edge due to emotional withdrawal to one fractured by infidelity, these real-life stories show how timely support can strengthen even the most fragile relationships.

We hope these stories speak to you. Read on to learn more and come journey with us in strengthening marriages and families.

Scan for more stories and learn about our work.

Michelle  
Editor



- **Stronger marriages build stronger families, and timely support through counselling or enrichment programmes helps couples overcome communication breakdowns, deepen understanding, and restore emotional connection.**
- **Early intervention matters – seeking help before issues escalate prevents entrenched conflict patterns and improves chances of marital recovery and resilience.**
- **When couples grow together, families thrive, creating nurturing home environments that foster emotional security and positive values for the next generation.**

When Ethan\* told his wife, Chloe\*, that he had informed his boss of his decision to resign, she immediately reacted with concern. With a two-year-old to care for, Chloe's anxiety about their finances spilled out in a flurry of worried questions about what would come next.

"It escalated into a big argument," recalled Ethan. "We didn't have a healthy way to talk about things, so it became unconstructive and eventually blew up.

I didn't know how to process the overwhelming emotions and ended up completely stonewalling her for two weeks." It was the longest silence he had ever given his wife, he added, "but when the word 'divorce' started coming up, I knew we needed help – it felt like an emergency."

An online search led Ethan to the Strengthening Families Programme (Methodist Welfare Services) (FAM (MWS))\* , which supports individuals and families

navigating challenges through counselling and divorce support.

### WHERE IT ALL BEGAN

Through counselling sessions with FAM (MWS) social worker Kartik Anand, Ethan and Chloe discovered that his tendency to stonewall during conflicts stemmed from childhood trauma. Relentlessly bullied in secondary school, Ethan had learned to shut down emotionally to protect himself from pain and vulnerability.



Marriage counselling can help couples rebuild communication, strengthen emotional bonds, and grow together through challenges

What had once been a survival mechanism carried into adulthood. Whenever marital tensions stirred feelings of being attacked or overwhelmed, he would instinctively withdraw and go silent to shield himself from hurt.

“Talking about the bullying opened up a well of emotions in me,” Ethan recalled. “Back then, I struggled with feeling like a weakling and with the sense of always being targeted.”

Although Chloe had known about Ethan’s past, witnessing the emotional toll firsthand moved her to tears. Her empathy helped Ethan trust that she could hold space for him in moments of vulnerability, making him more open to sharing his emotions – such as when he feels overwhelmed and needs space. “I used to think my wife didn’t understand me, but I realise now I never created the space for her to,” Ethan reflected. “Knowing that she just wants to be part

of my life, I now make it a point to include her in my decision-making.”

While Ethan continues to work on staying calm and avoiding criticism or withdrawal during conflicts, he acknowledges that it’s a journey. Chloe, too, has learned to adjust. “I’ve become more patient,” she said. “If he needs space, I give it. These days, when we disagree, I’ll ask if it’s a good time to talk. If he says no or stays quiet, I let it be instead of pushing.”

**WHEN “FOREVER” BEGINS TO FRAY**

Couples like Ethan and Chloe, who quietly struggle with communication breakdowns and emotional disconnection, are not uncommon.

“At FAM (MWS), some of the most common issues couples bring to marriage counselling include feeling unheard, unmet emotional or physical needs, and entrenched patterns of poor communication such as shouting, criticism, or

withdrawal,” said Lee Pei Yu, Head of FAM (MWS). “Left unresolved, these conflicts may intensify over time and, in some cases, escalate into violence.”

Therapy, however, offers a way forward. Once seen as a last resort or burdened by stigma, couple counselling has become increasingly mainstream. A 2022 study, *Couple Therapy in the 2020s: Current Status and Emerging Developments*, highlighted three key factors driving its rise: the global prevalence of couple distress, its impact on the well-being of partners and their children, and higher expectations for relationship satisfaction. Where relational unhappiness was once tolerated, couples today are more willing to seeking help.

“When both spouses commit to the process, marriage counselling has been shown to improve communication, enhance relationship satisfaction, and reduce destructive



Poor communication such as shouting can heighten tension and erode emotional connection between partners

interaction patterns like demand-withdrawal, criticism, and defensiveness,” said Pei Yu. “It helps couples rebuild emotional connection, understand each other’s needs and attachment styles, and learn concrete tools to manage conflict and change behaviours.”

A 2023 Straits Times report noted that a key reason fewer local couples who married in recent years are ending their unions is due to the growing number seeking professional help, according to marital counsellors. This trend has been attributed to the easing of stigma surrounding counselling and greater awareness of its benefits.

**THE DANGER OF DELAYING HELP**

Still, many couples only seek help when their relationship is on the brink. “We’ve seen many couples turn to marriage counselling only when a crisis hits and becomes their wake-up call – such as an affair, a major conflict, or when divorce is on the table,” said Pei Yu. “Before that, they often don’t see the need for help, having normalised unhealthy interaction patterns or downplayed their impact. Overtime, these patterns and unmet needs build up, potentially leading to a crisis. By then, the relationship is already significantly distressed.”

Early intervention, she emphasised, makes a world of difference. “Seeking help early allows couples to address issues before they become entrenched,” she explained. “Once problems deepen, the effectiveness of counselling – and the motivation to change – can be much harder to sustain, putting the relationship at greater risk of divorce.”

In recent years, Singapore has seen a rise in divorce

rates. In 2024, 7,382 marriages ended in divorce or annulment – a 3.7 per cent increase from 7,118 in 2023. The largest proportion (29%) occurred between the fifth and ninth years of marriage. “This suggests that it is crucial to support marriages in the early years to build a strong foundation to withstand future challenges,” noted the Family Trends Report 2025 by the Ministry of Social and Family Development.

**WHEN PARENTING DIFFERENCES TEST A MARRIAGE**

For Ethan and Chloe, both in their late 30s and married for nearly eight years, parenting had become a major source of strain. For instance, when their son refused to cooperate, Chloe preferred to address it immediately, while Ethan chose to step back – a difference that often led to frustration and

arguments. The added stress of parenting also made Chloe less patient with Ethan’s tendency to stonewall.

Counselling helped them see how their reactions affected each other. They began recognising recurring patterns and learned to move from reactivity to reflection, and eventually, to problem-solving – fostering calmer, more constructive communication.

“We had such a great marriage, but when parenting came along, we weren’t ready because our foundation was weak – like a chair with a missing leg,” said Ethan. “Counselling helped us build that leg, and now our marriage feels more stable.”

Similarly, Ryan\* and Danielle\*, parents of two young children, often found themselves clashing over

their differing parenting styles. Ryan described his approach as “strict, army-style discipline”, while Danielle, a kindergarten teacher, preferred “tender loving care”.

Hoping to bridge their differences, the couple joined the Prepare/Enrich Marriage Enrichment Programme run by Families for Life@Community – MWS (MWS FFLC). Conducted over three four-hour sessions, the programme is designed to help couples improve communication and deepen their emotional connection.

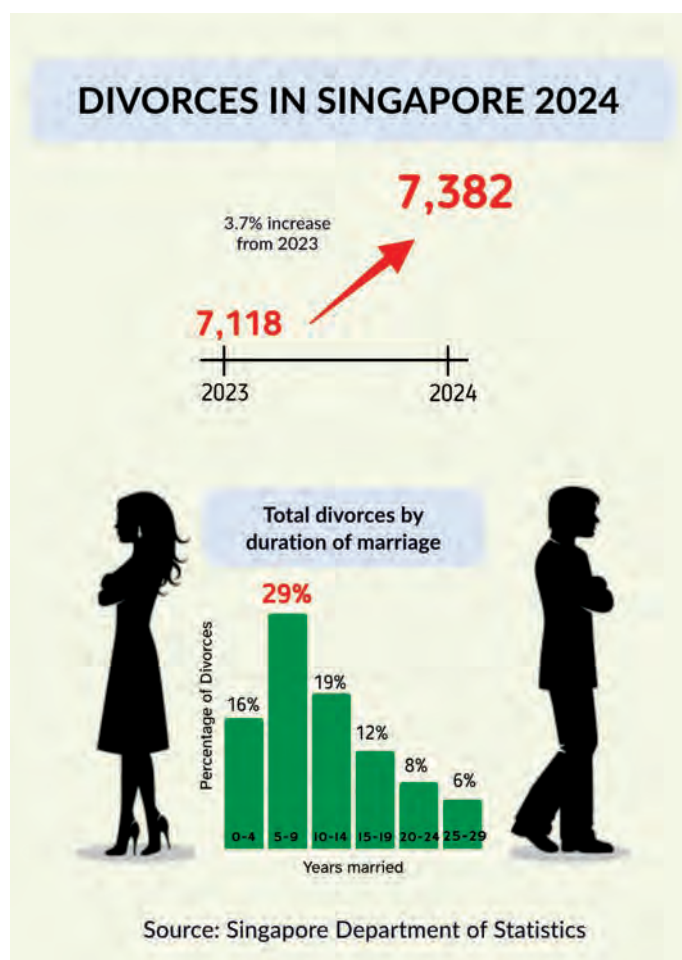
Through it, Ryan and Danielle learned to communicate more effectively and make joint decisions instead of acting independently.

“Recently, my wife and I discussed how to discipline our younger son when he got into trouble again at school,” Ryan shared. “I explained to my wife that not every child responds to a soft approach – our younger son needs firmer boundaries, like losing certain privileges. We agreed that if it happens once more, he’ll spend the day confined to a space doing work. In the past, I’d act on my own or quarrel with her over how to discipline our children, but now we talk things through calmly before deciding together.”

**WHEN COMFORT BREEDS CARELESSNESS**

Married for eight years, Ryan and Danielle, also realised that over time, their way of communicating had changed from “lovey-dovey” to “very direct and critical”.

“We’d grown so comfortable with each other that we stopped filtering our words, which could be very direct and sometimes hurtful,” said Danielle.




Through the programme, the couple learned that Criticism is one of the “Four Horsemen of the Apocalypse” – a metaphor from the Book of Revelation adopted by the Gottman Institute to describe four destructive communication patterns: Criticism, Contempt, Defensiveness, and Stonewalling. Danielle recognised how her blunt or critical remarks made Ryan feel disrespected and began replacing them with “I-Statements” – a technique for expressing needs and feelings without blame or accusation.

“I used to say things like, ‘Why didn’t you do this or that?’ – for example, ‘Why didn’t you switch off the lights again?’ which sounded blaming,” Danielle said. “Now I’d say, ‘I noticed the lights were left on’ or share how I feel instead.” Ryan added, “In the past, there were times I’d just explode when my wife spoke to me in a critical or blaming tone. But now, when I see my wife being more mindful, I respond more calmly – or apologise when I’m at fault.”

**STRONG COUPLES,  
STRONG FAMILIES**

The couple also introduced a twice-weekly “Gratitude Time” with their children, after learning how expressing appreciation strengthens bonds and encourages positive interactions.

“We sit down together to share what we appreciate about one another – thanking each other for the little things,” said Danielle. “We were surprised that the kids were even better at it than us! They gave such thoughtful thank-you messages that we’re also learning from them. Since joining the programme, it’s not just our marriage that’s been enriched, but our whole family. As we grow closer as a couple, we’re also nurturing love within our family.” 

\*Not their real names

\*Formerly known as Strengthening Families Programme@Family Service Centre (MWS FAM@FSC)

# THE FOUR HORSEMEN AND HOW TO STOP THEM WITH THEIR ANTIDOTES

## CRITICISM

Verbally attacking personality or character.



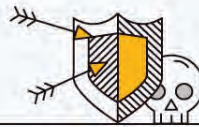
## CONTEMPT

Attacking sense of self with an intent to insult or abuse.



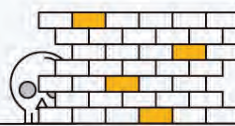
## DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.



## STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance, and separation.



## GENTLE START UP

Talk about your feelings using “I” statements and express a positive need.



## BUILD CULTURE OF APPRECIATION

Remind yourself of your partner’s positive qualities and find gratitude for positive actions.



## TAKE RESPONSIBILITY

Accept your partner’s perspective and offer an apology for any wrongdoing.



## PHYSIOLOGICAL SELF-SOOTHING

Take a break and spend that time doing something soothing and distracting.



The Gottman Institute

## 4 Components of I-Statement



### FACT

Express your feelings as if you are a **reporter** without making an evaluation.



### FEELINGS

Express how you feel according to your **inner experience** instead of your interpretation of the action.



### FRAME

Clarify the **needs** (frame of reference) that are important to you in that situation.



### FUTURE

Invite your loved one to enrich your life with a **concrete action**.

**MWS ESTABLISHES FAMILY SERVICES HUB TO SUPPORT FAMILIES MORE SEAMLESSLY**

On 19 August 2025, Methodist Welfare Services (MWS) officially opened two of its newly relocated offices – Families for Life@Community – MWS (MWS FFLC) and Strengthening Families Programme (Methodist Welfare Services) (FAM (MWS)) – at Hougang Avenue 8.

Together with MWS Covenant Family Service Centre (MWS CFSC) on the same street, the three services form the MWS Family Services Hub that aims to offer more seamless, integrated support to residents across the Hougang, Sengkang, and Serangoon region.

The three services collectively span a continuum of care – from early prevention to intensive intervention.

“We are very excited to establish our Family Services Hub, to serve families even more seamlessly through a wide range of situations – all in close proximity,” said Calvin Ngo, MWS’ Chief



Calvin Ngo (left), CEO of MWS, with Guest-of-Honour Darryl David, Member of Parliament of Ang Mo Kio GRC, at the official launch of the MWS Family Services Hub that will support families more seamlessly

Executive Officer. He added that this means there is no wrong door, and families will get the support they require once they reach out.

Guest-of-Honour Mr Darryl David, Member of Parliament of Ang Mo Kio GRC, who officiated the event, added that the greater integration of the services will “serve our people, right where the needs are” and “cater to the diversity of our clients”. He also thanked MWS for being an integral part of the community’s past, present, and future.

The opening event also included guests from the Ministry of Social and Family Development as well as the other social service agencies in the region.

Mr Goh Pei Ming, Minister of State for Social and Family Development, sent

his congratulations, acknowledging the vital role that the MWS Family Services Hub will play in providing “accessible, coordinated, and responsive” help and affirmed the Ministry’s commitment to nurturing strong and resilient families. [UV](#)

All Families	Resilient Families	Families in Distress
<p>Families for Life@Community – MWS (MWS FFLC)</p> <p>Marriage Enrichment &amp; Parenting Support</p>	<p>Strengthening Families Programme (Methodist Welfare Services) (FAM (MWS))</p> <p>Marriage &amp; Divorce Support, and Family Counselling</p>	<p>MWS Covenant Family Service Centre (MWS CFSC)</p> <p>Holistic Care Plan (including Counselling and Casework) and Community Interventions</p>
<p>Serving the needs of families across different stages and situations with the setting up of the MWS Family Services Hub</p>		

**MWS NURSES RECOGNISED AT COMMUNITY CARE MANPOWER DEVELOPMENT AND EXCELLENCE AWARDS 2025**

Congratulations to Methodist Welfare Services (MWS) nurses – Cindy See Xing Li, Felipe Clen Destine Gangano, and Usha Raman – who were honoured at the Community Care Manpower Development and Excellence Awards 2025.

The Community Care Excellence Awards (CCEA) ceremony was held on 24 September 2025 in conjunction with the Community Care Manpower Development Awards (CCMDA) at the Sands Expo & Convention Centre. The CCEA recognises both organisations and individuals for their outstanding achievements in the sector, while the CCMDA supports the professional development of new and existing community care staff through training and study opportunities.

**Community Care Excellence Award**

Cindy, former Nurse Manager at MWS Home Care & Home Hospice, received the Gold award in recognition of her commitment to the highest standards of home-based health, social, and palliative care.



(From left) Cindy See Xing Li, Felipe Clen Destine Gangano, and Usha Raman

With 15 years of nursing experience, Cindy’s calling was shaped by her own family’s journey through illness – particularly her mother’s battle with nasopharyngeal cancer.

**Community Care Manpower Development Award**

Both Felipe (Assistant Nurse Manager at MWS Nursing Home – Yew Tee) and Usha (Senior Staff Nurse II at MWS Bethany Nursing Home – Choa Chu Kang) received the Community Care Manpower Development Award to study the Specialist Diploma in Nursing (Gerontology).

**NEW MWS FAMILY SERVICE CENTRE IN SENGKANG WEST**

On 1 August 2025, Methodist Welfare Services (MWS) opened a new Family Service Centre (FSC) in Sengkang West, expanding timely, holistic help for individuals and families grappling with increasingly multifaceted issues such as financial strain, family violence, and mental health challenges.

With this addition, MWS now operates four FSCs and one satellite FSC, enabling us to reach and support more individuals and families in the community.

“We are excited to commence operations at MWS FSC – Sengkang West,” said Calvin Ngo, CEO of MWS. “This region is rapidly growing, with more families choosing to make it their home. MWS is committed to walking alongside these families through every stage of life, offering holistic support tailored to their unique challenges and strengths.”

The FSC is operating temporarily from Allkin Singapore’s FSC at Blk 223D Compassvale Walk, #01-673, and will move to its permanent premises in due course.




**MWS ANNUAL REPORT FY2024/25 NOW OUT**

The needs of our community continued to grow in FY2024/25. Amid deepening mental health struggles, rising family breakdowns, and escalating living costs, Methodist Welfare Services (MWS) was able to journey with more than 22,000 families and individuals – connecting them with the resources and support needed to lead fuller, more hopeful lives.

This would not have been possible without the collective

support of our partner churches, volunteers, and corporate and community partners. Together, we strengthen the social safety net and further our shared mission of uplifting those in need.

Read the stories of impact and transformation in our latest Annual Report at

[www.mws.sg/annual-governance-reports](http://www.mws.sg/annual-governance-reports) or by scanning the QR Code. 



**MWS STAFF MUHAMMAD SUFFIAN RECEIVES FSC COMMENDATION AWARD 2025**

Congratulations to Muhammad Suffian Bin Bahrin from MWS Family Service Centre – Tampines (TFSC) on receiving the FSC Commendation Award 2025!




Presented annually by the Ministry of Social and Family Development, the award recognises professionals in the social service sector for their dedication and impact in strengthening families and communities.

At MWS TFSC, Suffian developed and implemented the *Keeping My Body Safe* groupwork programme, which teaches children about personal safety and protective behaviours. Beyond empowering children, the programme raises community awareness and provides upstream intervention against family violence – a most pressing issue in today’s society.

Building on this work, Suffian represented MWS at the International Childhood Trauma Conference in Melbourne, where he presented on the programme and highlighted the importance of teaching protective behaviours to children as young as five, as many cases of child sexual abuse are disclosed in primary schools.

“It’s heartwarming to witness children develop a sense of safety and trust – and we hope this feeling stays with them long after the programme ends,” he shared.

Thank you for flying the MWS flag high, Suffian! 

**CELEBRATING THE OFFICIAL OPENING OF MWS NURSING HOME – EUNOS**

On 19 November 2025, Methodist Welfare Services (MWS) officially opened MWS Nursing Home – Eunos (ENH), following its soft launch in March.

The 171-bed facility strengthens support for Singapore’s ageing population and underscores MWS’ commitment to person-centred, community-based senior care. Its co-location with SingHealth Polyclinic (Eunos) and MWS Senior Care Centre – Eunos (ESCC) enables more seamless, coordinated access to primary healthcare, rehabilitation, and palliative services.

Dinesh Vasu Dash, Minister of State for Culture, Community & Youth and Manpower, and Mayor of South East District, officiated the opening ceremony.

Among the guests were Bishop Philip Lim, Head of The Methodist Church in



(L-R): Ronnie Gan, Vice-Chairperson of MWS Board of Governance (BOG); Eugene Toh, Chairperson of MWS BOG; Dinesh Vasu Dash, Guest-of-Honour; Reverend Philip Lim, Bishop of The Methodist Church in Singapore and MWS Patron; and Calvin Ngo, MWS CEO at the official opening of MWS Nursing Home – Eunos

Singapore and MWS Patron; Eugene Toh, Chairperson of the MWS Board of Governance; representatives from Agency for Integrated Care, SingHealth Polyclinic, National Healthcare Group Pharmacy, and Wesley Methodist Church (MWS ENH’s founding partner); as well as key donors and community partners.

A guided tour brought the Nursing Home’s care

innovations to life, with live demonstrations of the assisted showering system; autonomous mobile robots delivering meals and laundry; and Daisy, the humanoid social robot, leading residents in a workout. Guests also explored the heritage-themed Reminiscence Room, designed to spark shared memories.



Together, these highlights showcase the integration of eldercare services to provide holistic support for seniors. [UV](#)

As part of the tour showcase, Daisy, a humanoid robot, led residents in guided upper body exercises

**MWS CARNIVAL BRINGS THREE GENERATIONS TOGETHER FOR A DAY OF PLAY**

Traditional games were in full swing, clay animal faces came alive with bright paint, and laughter rippled through Fernvale Community Club on 6 December 2025 as over 300 residents gathered for the 3 Generation Carnival.

Organised by MWS Active Ageing Centre – Fernvale Rivergrove in collaboration with Jalan Kayu Active Ageing Club, the carnival was designed to encourage intergenerational bonding through activities suited for all ages.

Families – parents, children, and grandparents – bonded over activities such as LEGO building, painting of clay animal faces, and a memory card game matching photos of old Singapore. A bouncy castle delighted younger participants, while familiar treats such as *muh chee*, popcorn, and candy floss added to the festive buzz.

MWS services that provide marriage and divorce support, family counselling, marriage enrichment and parenting support, and handle casework for more complex family issues also reached out to participants, raising awareness about the support available. Complementing these



Participants posing for a photo with Ng Chee Meng, Jalan Kayu Member of Parliament, at the 3 Generation Carnival 2025

were practical tips from Sengkang General Hospital on healthy eating and available health screenings.

For 73-year-old participant Judy Teo, who attended

with her grandson, Ervin, the experience was especially meaningful. “There were activities for both of us,” she shared. “It was a great opportunity for us to bond and spend time together.”



Bishop Philip Lim, spiritual head of The Methodist Church in Singapore, presenting a model of Wesley Methodist Church – the first Methodist church in Singapore – to President Tharman

**FROM DANCERS WITH SPECIAL NEEDS TO SENIOR DRUMMERS AND A CHILDREN’S CHOIR: AN INCLUSIVE CONCERT CELEBRATES HEALING AND HOPE**

A journey from darkness to light unfolded through dance, music, and recitals at The Healing Nation Celebratory Concert on 1 November 2025.

Held in celebration of the 140<sup>th</sup> anniversary of The Methodist Church in Singapore (MCS) and SG60, the 70-minute showcase brought to life stories of struggle, pain, hope, and restoration. A diverse cast of performers took the stage to share this narrative.

Organised by Methodist Welfare Services (MWS), the

social concerns arm of MCS, the concert took place at The Star Performing Arts Centre, with President Tharman Shanmugaratnam gracing the event as Guest-of-Honour.

Guests included representatives from charity organisations; the Inter-Religious Organisation, Singapore; the Ministry of Culture, Community and Youth; and various Christian denominations. To ensure the concert was accessible to all, members of the Wesley Deaf Ministry provided sign language interpretation throughout.

The concert rounded off a year of activities under The Healing Nation movement



Soloist Lauren Yeo and the Methodist Girls' School (Secondary) Choir delivered an a cappella rendition of 'Blessings'




Members from Wesley Methodist Church and Pasir Panjang Tamil Methodist Church charged up the night with an engaging fusion drum performance



As a reminder to carry God's light into the world, the children's choir sang 'Go Light Your World' while holding lit candles. The choir comprised members from St Andrew's Junior School, Dance Spectrum International, Bedok Methodist Church, Yishun Methodist Mission, and Pentecost Methodist Church

– MWS’ nationwide initiative to mobilise 1.4 million volunteer hours and raise \$1.4 million to uplift up to 1,000 families and individuals in need.

We extend our heartfelt gratitude to all our supporters for your commitment and generosity. Your partnership strengthens the work of healing and restoration across our communities. Thank you for empowering lives alongside MWS. 

**Missed the concert, or wish to relive the night? Watch the full performance at [www.mws.sg/thn-concert](http://www.mws.sg/thn-concert) or scan the QR Code!**



Life’s struggles took on vivid form through an evocative performance by dancers including those with special needs from Dance Spectrum International

**MWS CHAPLAIN CHUA CHIEW POH HONOURED WITH HEALTHCARE HUMANITY AWARD**

When a work call came in after office hours one evening in 2022, Chua Chiew Poh, a Chaplain with Methodist Welfare Services (MWS), responded without hesitation. On the line was a colleague, sharing that Beng Kiat\*, an MWS Home Care & Home Hospice (HCHH) client with advanced nasopharyngeal cancer, was in intense physical pain and deep emotional distress, weighed down by unresolved conflicts with his family and with God. His wife and caregiver, Siew Ling\*, was overwhelmed by grief and exhaustion. As Beng Kiat’s condition deteriorated, bouts of agitation strained their already fragile relationship, leaving Siew Ling torn between deep hurt and the fear of losing him.

In the months that followed, Chiew Poh journeyed closely with the



couple through pastoral care, providing peace for Beng Kiat and solace for his family. As Beng Kiat lost his ability to hear and speak, Chiew Poh encouraged him to write a note to his wife expressing love and seeking forgiveness. When Siew Leng read it, she broke down. Forgiveness followed and reconciliation took place – just two weeks before Beng Kiat passed away peacefully.

This is one of many lives Chiew Poh has touched since joining MWS in 2017. As part of a multidisciplinary team at MWS HCHH and MWS Nursing Home

– Yew Tee, she provides spiritual and emotional care to patients in their final days, while strengthening caregivers through some of life’s most painful moments.

For her compassion and unwavering commitment to holistic care, Chiew Poh received the Healthcare Humanity Award 2025, presented by MOH Holdings (MOHH). The award honours healthcare professionals who go beyond duty to serve with exceptional compassion and humanity.

A former accountant who left a two-decade career in finance to pursue chaplaincy after walking alongside her late husband through terminal cancer, Chiew Poh reflected, “This award affirms that spiritual support has a place in healthcare and is integral to a holistic, person-centred approach.”

Join us in congratulating Chiew Poh on this well-deserved honour!


*\*Not their real names*

**MWS FIRST CCO TO ATTAIN WORKPLACE LEARNING:READY MARK**



Methodist Welfare Services (MWS) has become the first Community Care Organisation (CCO) to be awarded the Workplace Learning:READY Mark, affirming the strength of our workplace learning culture and our commitment to developing our people in a purposeful and sustainable way.

Conferred by Nanyang Polytechnic’s National Centre of Excellence for Workplace Learning (NACE led by NYP), the mark recognises organisations that have put in place progressive workplace learning practices and capabilities.

Built on clear processes, committed leadership, and active ground engagement, MWS’ approach enables staff to learn and grow through real work. We remain committed to strengthening workplace learning as we invest in our people, pursue excellence, and create lasting impact. 

# HEALING AFTER INFIDELITY

Torn by guilt and years of inner turmoil, Hui Min\* finally faced the deeper wounds behind her infidelity – and began a journey of healing through counselling.



Kartik Anand, FAM (MWS) Assistant Senior Social Worker, offers guidance and support to client Hui Min\* during a counselling session

When Hui Min\* told her husband in early 2024 that she wanted a divorce, he had an emotional outburst. Married for about a decade, the mother-of-two had been grappling with deepening emotional turmoil following her involvement in two extramarital affairs.

“My husband was already deeply hurt by the first affair,” she said. “When he found out about the second, he was consumed by anger and utterly devastated.”

Overwhelmed by guilt and despair, she sought support from the Strengthening Families Programme (Methodist Welfare Services) (FAM (MWS)) in October 2024.

## Uncovering the unseen struggles

Through counselling, Hui Min uncovered deep-rooted themes of abandonment and emotional disconnection from her childhood, which had fuelled a persistent emptiness and a lifelong pattern of seeking validation through relationships.

“Since 15, I’ve jumped from one relationship to another

because I always felt empty and lonely, even after starting a family,” she shared. She traced this back to being raised by a guardian until age 13, then returning to busy, emotionally unavailable parents.

These early experiences of emotional neglect left a void that persisted into adulthood. “I even entered a marriage I wasn’t fully committed to,” she admitted. Unable to make sense of her pain, she turned to emotional and physical connections outside the marriage to cope.

## A journey towards wholeness

Using the empty chair technique – where a person speaks to an empty chair as if an important figure were sitting in it – she revisited those unmet emotional needs from childhood and reframed them through guided interventions. Through this exercise, she was able to express unspoken feelings, work through old hurts, and find emotional relief.

She visualised her guardian in the room – offering reassurance, asking her

**“Therapy helped me to understand why I felt emptiness and to manage emotions like anxiety. Over time, I found healing, and no longer cry myself to sleep.”**

to let go of her pain, and encouraging her to live happily. This helped shift her from a state of helplessness to resilience, reminding her that she had inner strength to draw from. She learned healthier ways of coping with loneliness and began building emotional stability from within.

Her social worker, Kartik Anand, also guided her to visualise a safe space – for her, it was her childhood home with her guardian – and created an AI-generated image she could use to ground herself whenever she feels overwhelmed.

“Therapy helped me to understand why I felt emptiness and to manage emotions like anxiety,” she said. “Over time, I found

healing, and no longer cry myself to sleep. I can connect better with others now due to a more positive outlook, and be more present with my children, instead of being physically there but emotionally distant.”

## From silence and avoidance to honest dialogue

As Hui Min worked on her inner healing, her progress encouraged her initially resistant husband to join counselling. Their marriage had reached a point where he avoided difficult conversations while she held back her feelings, resulting in misunderstandings and emotional strain.

Counselling gave them space to express their needs and hopes for the relationship, and equipped them to listen with empathy and communicate honestly. Although they eventually plan to separate, practising open communication has eased tension at home, created a safer environment for their children, and helped them maintain a cordial, respectful relationship. **UV**

\*Not her real name

## WHEN CULTURAL DIFFERENCES SPARK CONFLICT

Often at odds over their differing cultural and parenting styles, Charlie\* and his wife learned to bridge their gaps and reconnect through a marriage enrichment programme.

Charlie\* recalls one particularly tense conflict with his wife of 18 years. “I once gave my daughter a mobile phone when she was 12. My wife found out and got angry – she smashed it on the floor, destroying it,” he recounted.

Now in their 50s and raising three school-going children, the couple often found themselves clashing over values and approaches to parenting.

Charlie, who is from the Netherlands, describes himself as “laid-back” and admits he doesn’t “really care much about the children’s education”. His Singaporean wife, on the other hand, tends to be “authoritarian” and believes strongly in academic excellence, often enrolling their children in multiple enrichment classes. His easy-going attitude and tendency to give in to the children’s requests – such as watching TV or playing on their phones – often conflicted with his wife’s stricter, achievement-driven approach.

Over time, these differences created tension and emotional distance. Whenever they quarrelled, Charlie would withdraw, giving his wife the silent treatment for up to two weeks.

### Rebuilding connection in marriage

Charlie’s turning point came when he came across the Prepare/Enrich Marriage Enrichment Programme on the Parents Gateway portal through his son’s school. “I thought it would be a good place to start to strengthen our marriage,” he said.

Through the programme run by Families for Life@Community – MWS (MWS FFLC), Charlie recognised that his habit of withdrawing during conflicts had left his wife feeling unheard and dismissed. He learned to call a “time-out” instead – to step away, calm down, and return to the conversation when both were ready to talk things through constructively.

The couple also participated in a microphone-style exercise

where they took turns speaking without interruption – an activity designed to build active listening, mutual respect, and emotional understanding. “In the past, when my wife and I disagreed, I’d retaliate,” Charlie shared. “But now, I try to hear her out or take a step back. Everyone has their trigger points, and it’s good to have the tools to manage conflicts. These days, we have fewer quarrels.”


**“In the past, when my wife and I disagreed, I’d retaliate. But now, I try to hear her out or take a step back... These days, we have fewer quarrels.”**

### When couples thrive, families flourish

Charlie shared that he now applies the same conflict resolution skills when communicating with his children. “I hope to model

healthy communication for them, and that includes how I speak to my wife because it affects how they see relationships too,” he said.

The couple has also started weekly “date nights” to reconnect and spend quality time together. They learned that daily routines and shared rituals help strengthen relationships, so they now make an effort to have regular family dinners and bonding activities. These small but consistent habits have deepened their connection and the harmony at home.

Looking ahead, Charlie feels more confident and equipped to face challenges together as a family. “I’m more positive and encouraged about family life now, with the tools I’ve learned from this programme,” he said. “It’s really helped us uncover growth areas in our marriage, understand each other’s strengths and weaknesses, and improve our overall well-being.” 

*\*Not his real name*

## MWS CENTRES & PROGRAMMES

### MWS CORPORATE SERVICES Methodist Welfare Services

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you can help someone  
get out of the poverty cycle.

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Steph, 48, with her son, Xavier,  
a resident at MWS Bethany  
Nursing Home – Choa Chu Kang

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# 不同凡响

第一期/2026



## 当婚姻触礁、冲突爆发时： 辅导与婚姻成长课程带来出路

### 编者的话

育儿观念的分歧、沉重的财务压力，以及不良的沟通习惯，都可能让婚姻关系备受考验。然而，许多夫妻仍把专业援助当作最后一步，往往等到关系濒临破碎时，才愿意寻求帮助。在新加坡离婚率有所上升的当下，及早寻求支援不仅能避免矛盾升级，更能让夫妻关系变得更加稳固。

本期内容聚焦几对在婚姻风暴中挣扎的夫妻。他们透过婚姻辅导与婚姻成长课程，找到了安全空间，得以停下脚步、进行深层反思，并重新找回彼此。从因情感退缩而岌岌可危的婚姻，到因不忠而支离破碎的关系，这些真实故事印证了：只要及时获得支援，即使是最脆弱的关系，也有修复与强化的可能。

愿这些故事能给您带来启发。诚邀您继续阅读，与我们同行，共同巩固婚姻与家庭。

欲知更多故事，了解我们的工作，请扫描：



欧阳明怡  
编辑

MDDI (P) 020/08/2025

- 稳固的婚姻是家庭稳定的基础。及时透过辅导或婚姻成长课程寻求支持，有助于夫妻克服沟通障碍、深化理解，并重建情感联结。
- 早期介入至关重要。在问题升级前寻求帮助，能防止冲突模式根深蒂固，提高婚姻修复的机率和承受逆境的能力。
- 夫妻共同成长，家庭才能繁荣兴盛。这能为下一代营造充满情感安全感和正面价值观的滋养环境。

当Ethan\*告诉妻子Chloe\* 他已通知老板自己要辞职时，她立刻流露出担忧。家中还有一个两岁的孩子要照顾，Chloe对财务的焦虑随即涌现，一连串关于未来的疑问脱口而出。

Ethan回忆道：“争吵彻底升级了。我们缺乏健康的沟通方式，导致对话毫无建设性，最后一发不可收拾。我不知道如何处理排山倒海般的情绪，最

后对她彻底冷战了两周。”他补充说，这是他对妻子最长的一次冷战，“但当‘离婚’这两个字开始出现时，我就知道我们必须寻求帮助，那一刻我觉得情况已经刻不容缓。”

在线搜索让Ethan找到了巩固家庭计划(卫理福利服务)(Strengthening Families Programme (Methodist Welfare Services))，该计划通过辅导和离婚支援，

帮助个人和家庭应对挑战。

### 创伤的起点

透过巩固家庭计划(卫理福利服务)社工Kartik Anand的辅导，Ethan和Chloe发现，Ethan在冲突中选择冷漠应对(stonewalling)的倾向源于童年创伤。在中学时期遭受残酷霸凌的经历，让Ethan学会了封闭情感，以此保护自己免受痛苦和脆弱感的侵袭。



婚姻辅导能帮助夫妻重建沟通、强化情感联结，并在挑战中共同成长

这样的求生机制也一路延续到成年。每当婚姻的紧张气氛再次激起被攻击或不知所措的感觉时，他就会本能地退缩和沉默，以保护自己免受伤害。

Ethan回忆说：“谈论霸凌事件，打开了我内心情感的闸门。那时我一直挣扎于自己像个弱者，总觉得自己是被针对的目标。”

尽管Chloe知道Ethan的过去，但亲眼目睹他所承受的情感重担令她难过落泪。她的同理心帮助Ethan相信，她能在他脆弱时给他空间、接纳他，这促使他更愿意分享自己的情绪，比如当他感到压力过大需要空间时。Ethan反思道：“我过去常认为妻子不理解我，但现在我意识到，我从未给她机会去理解。如今，我明白她只是想成为我生活的一

部分，所以我会主动将她纳入我的决策过程。”

尽管Ethan仍在努力在冲突中保持冷静并避免批评对方或退缩，但他承认这是一段持续的旅程。Chloe也学会了调整。“我现在变得更有耐心了。”她说。“如果他需要空间，我就会给他空间。现在我们意见不合时，我会问他是否想沟通。如果他说“不”或保持

沉默，我就会顺其自然，不再强求。”

### 当“天长地久”的誓言开始动摇

像Ethan和Chloe这样，在沟通障碍和情感疏离中默默挣扎的夫妻并不少见。

巩固家庭计划(卫理福利服务)负责人李佩瑜说：“在我们的婚姻辅导中，夫妻们提出

的一些最常见的问题包括感觉不被倾听、情感或生理需求未被满足，以及根深蒂固的不良沟通模式，例如吼叫、批评或退缩。”她补充道：“如果任由这些冲突不解决，它们可能会随着时间推移而加剧，在某些情况下，甚至会升级为暴力。”

然而，辅导与治疗为婚姻指明了前行的方向。伴侣辅导曾被视为下策或被贴上社会标签，但现在正变得越来越普及。2022年的一项研究《2020年代的伴侣治疗：现状与新兴发展》强调了推动其兴起的三个关键因素：全球伴侣陷入困境的普遍性、治疗对伴侣及其子女福祉的影响，以及人们对关系满意度更高的期望。过去人们尚能容忍关系中的不快乐，而如今的夫妻则更愿意寻求帮助。



像吼叫这样的不良沟通会加剧紧张，削弱伴侣之间的情感联结

“婚姻辅导被证明可以改善沟通、提高关系满意度，并减少破坏性的互动模式(如索求/退缩、批评和防御)，尤其是当夫妻双方都肯接受辅导的时候。”佩瑜说。“它能帮助夫妻重建情感联结、理解彼此的需求和依恋类型，并学习管理冲突和改变行为的具体方法。”

《海峡时报》2023年的一篇报道指出，据婚姻辅导员表示，近年来本地新婚夫妻离婚率下降的一个关键原因，是寻求专业帮助的人数在不断增加。这种趋势与辅导的社会偏见减弱，以及大众对其益处的认识提升有关。

### 延误求助的风险

然而，许多夫妻只有在关系濒临破裂时才会寻求帮助。“我们看到许多夫妻在危机(例如出轨、重大冲突或谈及离婚)爆发、受到警醒后，才会来寻求婚姻辅导。”佩瑜说。“在此之前，他们往往没有意识到求助的必要性，因为他们已经将不健康的互动模式习以为常，或低估了其影响。随着时间的推移，这些模式和未满足的需求不断积累，最终可能导致危机。到了那时，这段关系已经遭受了严重的损害。”

她强调，早期介入会带来天壤之别。“及早寻求帮助能让夫妻在问题根深蒂固之前就加以解决。”她解释说。“一旦问题深化，辅导的有效性以及改变的动力就更难维持，使夫妻面临更大的离婚风险。”

近年在新加坡，离婚率有所上升。2024年，共有7,382宗婚姻以离婚或婚姻无效告终，比2023年的7,118宗增加了3.7%。其中比例最大的为29%，发生在婚姻的第五年至第九年之间。《社会及家庭发展部2025年家庭趋势报告》指出：“这表明，在婚姻的早期阶段提供支持至关重要，能帮助夫妻建立坚实的基础，以抵御未来的挑战。”

### 当育儿差异考验婚姻

对于30多岁、结婚近八年的Ethan和Chloe来说，育儿已成为主要的压力来源。例如，当儿子不合作时，Chloe倾向于立即处理，而Ethan则选择退让。这种差异经常导致他们

感到懊恼并争吵。额外的育儿压力也让Chloe对Ethan选择冷漠应对的倾向变得缺乏耐心。

辅导帮助他们看到了彼此的反应如何影响对方。他们开始识别重复出现的模式，学会从应激反应转向反思，最终迈向解决问题，从而促进了更平静、更具建设性的沟通。

Ethan说：“我们曾经拥有美好的婚姻，但面对育儿时，我们简直措手不及，因为我们的基础薄弱，就像一把缺了一条腿的椅子。辅导帮助我们重新打造了这条腿，现在我们的婚姻感觉更稳固了。”

同样地，育有两个年幼孩子的Ryan\*和Danielle\*也经常因育儿方式的差异而产生冲突。Ryan将自己的方式描述为“严格的军训式管教”，而Danielle，一名幼儿园教师，则偏爱“温柔的关爱”。

为了弥合分歧，夫妇俩参加了由卫理福利服务营运的凝聚家庭社区推广计划 - MWS (Families for Life@Community - MWS) 所开展的Prepare/Enrich婚姻成长课程。该计划包括三次、每次四小时的课程，旨在帮助夫妻改善沟通并深化情感联结。

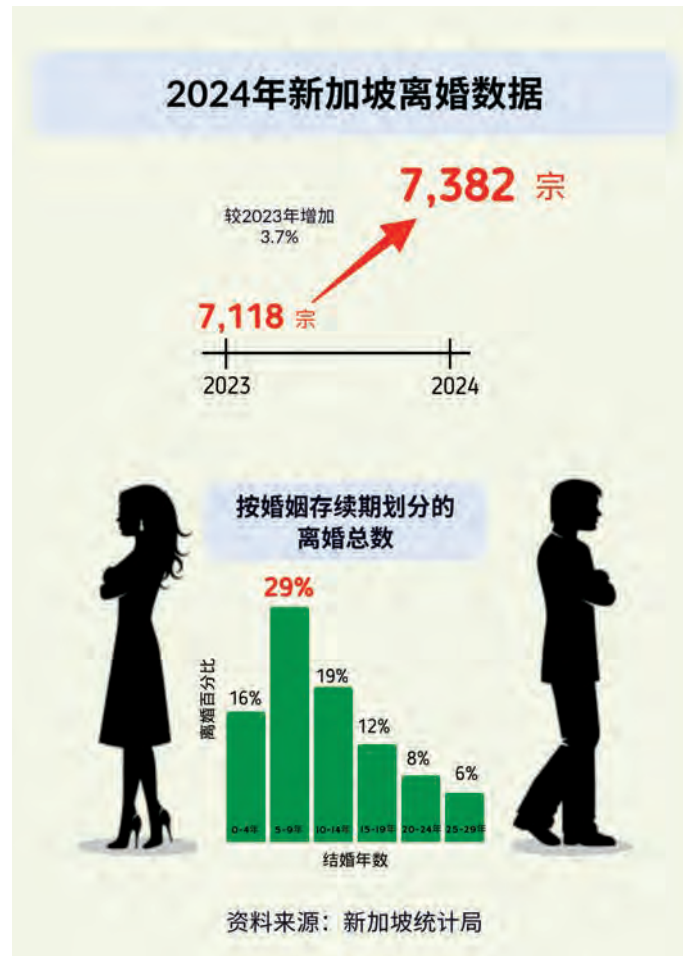
通过该课程，Ryan和Danielle学会了更有效地沟通，并能共同做出决定，而不是各自为政。

Ryan分享道：“最近，我和妻子讨论了如何管教在学校再次惹麻烦的小儿子。我向妻子解释说，并非每个孩子都对温和的方式有反应——我们的小儿子需要更清楚的界限，比如失去某些特权。我们一致同意，如果他再犯一次，他将在限定空间内做功课。过去，我可能会自己行事，或者因为如何管教孩子而和她争吵，但现在我们会冷静地商量，然后共同做出决定。”

### 当熟悉感让人忘了分寸

结婚八年后，Ryan和Danielle也意识到，随着时间推移，他们的沟通方式从“甜言蜜语”变成了“非常直接和挑剔”。

Danielle说：“我们太熟悉彼此了，以至于说话时不再修饰措辞，这可能非常直接，有时会伤人。”



课程中，夫妇俩了解到戈特曼研究所借用《启示录》的比喻，提出了“婚姻末日四骑士”的概念，其中“批评”是四种破坏性沟通模式之一。除了批评(Criticism)，其他三种模式还有：蔑视(Contempt)、防御(Defensiveness)和冷漠(Stonewalling)。Danielle认识到她直率或挑剔的言论让Ryan感到不被尊重，于是开始用“我”字句(I-Statements)来替代。这是一种在表达需求和感受时，避免指责或归罪的技巧。

Danielle说：“我以前常说，‘你为什么没有做这个或那个？’例如，‘你怎么又没关灯？’这听起来像是在指责。现在我会说，‘我注意到灯还亮着’，或者表达我的感受。” Ryan补充道：“过去，当妻子用挑剔或指责的语气对我说话时，我有时会情绪爆发。但现在，当我看到妻子更加注意言辞时，我的反应也更平静了。我也会在犯错时道歉。”

### 稳固婚姻，巩固家庭

夫妇俩还学习到表达感激能强化联结并鼓励积极互动，因此他们在家中与孩子一起设立了每周两次的“感恩时段”。

Danielle说：“我们会坐下来分享我们对彼此的感激——感谢对方为我们所做的微小事情。令我们惊讶的是，孩子们在这方面比我们做得更好！他们表达的感谢非常贴心，我们也在向他们学习。自从参加这个课程以来，不仅我们的婚姻变得更好，我们整个家庭也受益良多。随着我们夫妻关系更紧密，我们也在家庭中孕育着爱。” UV

\*为保护隐私，以上为化名

\*前称为位于家庭服务中心的巩固家庭计划(MWS FAM@FSC)

## 婚姻末日四骑士及其解药

### 批评

言语攻击对方的人格或性格。



### 蔑视

意图侮辱或虐待，攻击对方的自我价值感。



### 防御

通过扮演受害者来抵挡感知到的攻击，并将责任推卸给对方。



### 冷漠应对

选择退缩以回避冲突，并借此表达否定、疏远或离去。



### 温柔的开场

使用“我”字句(I-statements)谈论感受，并表达正面的需求。



### 建立欣赏文化

提醒自己伴侣的优点，并对正面的行为心存感激。



### 承担责任

接纳伴侣的观点，并为做错的事道歉。



### 生理上的自我安抚

暂时休息(暂停)，利用这段时间做一些能让自己平静或转移注意力的事。



源自戈特曼研究所

翻译：卫理福利服务

## “我”字句的四个要素

我注意到.....  
我看到.....  
我做了.....

### 事实

像记者一样陈述观察到的事实，不做任何评价。

我觉得.....  
我是.....

### 感受

根据你的内心体验来表达感受，而不是对行动进行诠释。

我需要.....  
我重视.....

### 考量

阐明在该情境下对你而言重要的需求(即你的视角或考量)。

我希望.....  
你愿意.....吗?

### 未来

邀请你爱的人通过具体的行动来丰富你的生活。

### MWS设立家庭服务枢纽，为家庭提供更无缝的支援

2025年8月19日，卫理福利服务(MWS)设于后港8道的两个新迁址办事处正式开幕，分别是凝聚家庭社区推广计划 - MWS (Families for Life@Community - MWS) 和巩固家庭计划(卫理福利服务) (Strengthening Families Programme (Methodist Welfare Services))。



MWS集团执行总监吴伟志(左)与主宾宏茂桥集选区国会议员杰乐先生，一同出席MWS家庭服务枢纽的正式开幕仪式。该枢纽旨在为家庭提供更无缝的支援

连同位于同一条街的MWS誓约家庭服务中心(MWS Covenant Family Service Centre)，这三项服务共同组成了MWS家庭服务枢纽，旨在为居住在后港、盛港和实龙岗一带的居民提供更无缝、整合的支援。

这三项服务共同覆盖从早期预防到深度介入的连续性关怀体系。

卫理福利服务集团执行总监吴伟志表示：“我们非常高兴

能设立家庭服务枢纽，通过这些近在咫尺的服务，更无缝地服务处于各种境遇中的家庭。”他补充道，这意味着落实“求助有门”的服务原则，家庭一旦寻求协助，便能获得所需的支持。

主宾宏茂桥集选区国会议员杰乐先生(Mr Darryl David)在主持开幕仪式时表示，服务的进一步整合将能够“在需求所在之处，服务我们的人民”，并“满足我们服务对象的多样化需求”。他还感谢卫理福利

服务成为社区过去、现在和未来不可或缺的一部分。

出席开幕活动的嘉宾还包括来自社会及家庭发展部，以及这一带其他社会服务机构的代表。

社会及家庭发展部兼内政部政务部长吴培铭先生也发来贺词，肯定了MWS家庭服务枢纽在提供“便捷、协调和积极响应”的援助方面将发挥重要作用，并重申了该部门致力于培育坚韧强大家庭的承诺。UV

所有家庭	坚韧家庭	困境家庭
凝聚家庭社区推广计划 - MWS (Families for Life@Community - MWS)	巩固家庭计划(卫理福利服务) (Strengthening Families Programme (Methodist Welfare Services))	MWS誓约家庭服务中心 (MWS Covenant Family Service Centre)
婚姻成长以及育儿支持	婚姻与离婚支援，以及家庭辅导	全方位关怀计划 (包括辅导与个案工作) 及社区介入

MWS家庭服务枢纽的设立，旨在满足不同阶段与境遇的家庭需求

### MWS护士荣获2025年社区护理人力资源发展与卓越奖表彰

祝贺三位卫理福利服务(MWS)护士：施杏丽、Felipe Clen Destine Gangano和Usha Raman，在2025年社区护理人力资源发展与卓越奖中获得表彰。

社区护理卓越奖(Community Care Excellence Awards)颁奖典礼于2025年9月24日在金沙会议展览中心举行，并与社区护理人力资源发展奖(Community Care Manpower Development Awards)同步颁发。社区护理卓越奖表彰在社区护理领域表现卓越的机构与个人，而社区护理人力资源发展奖则通过培训与进修机会，支持新进及在职社区护理人员的专业发展。

#### 社区护理卓越奖

曾任MWS居家护理与慈怀疗护的护理经理施杏丽荣获金奖，以表彰她长期致力于提供高标准的居家医疗、社会及慈怀疗护服务。



(左至右)：施杏丽、Felipe Clen Destine Gangano和Usha Raman

拥有15年护理经验的杏丽投身护理行业的初心，源于家人的患病经历，尤其是母亲与鼻咽癌抗争的过程。

#### 社区护理人力资源发展奖

Felipe (MWS疗养院 - 油池的助理护理经理) 及Usha (MWS伯大尼疗养院 - 蔡厝港的高级护士 II) 双双获颁社区护理人力资源发展奖，以修读护理专科文凭(老年学)。

### MWS于盛港西开设新的家庭服务中心

2025年8月1日, 卫理福利服务 (MWS) 在盛港西开设了一所新的家庭服务中心 (Family Service Centre), 为正面面对财务压力、家庭暴力及心理健康挑战等日益多元且复杂问题的个人和家庭, 进一步拓展及时而全面的支援。

随着该中心的设立, 卫理福利服务目前共营运四所家庭服务中心及一所卫星家庭服务中心, 得以接触并支援社区中更多有需要的个人和家庭。

MWS集团执行总监吴伟志表示: “我们非常高兴MWS家庭服务中心 – 盛港西正式投入运作。这一带发展迅速, 越来越多家庭选择在此安家。卫理福利服务致力在人生各个阶段与这些家庭同行, 根据他们独特的挑战与优势, 提供贴切而全面的支持。”

该中心目前暂时借用Allkin Singapore位于康埔桦径 (Compassvale Walk) 第223D座 #01-673的家庭服务中心办公, 并将于适当时候迁入永久办公地点。



### 卫理福利服务2024/25 财政年度报告现已发布

在2024/25财政年度, 社区的需求持续增长。面对日益加剧的心理健康挑战、家庭关系破裂, 以及生活成本不断上升的压力, 卫理福利服务 (MWS) 得以陪伴超过2万2000个家庭和个人同行, 协助他们连接所需的资源与支持, 迈向更圆满、更有希望的生活。

这一切的成果, 离不开协作堂

会、志愿者, 以及企业与社区伙伴的鼎力支持。我们携手巩固社会安全网, 共同践行扶持弱势群体的使命。

欢迎浏览[www.mws.sg/annual-governance-reports](http://www.mws.sg/annual-governance-reports)或扫描二维码, 阅读最新的年度报告, 了解更多关于生命转变与社会影响的故事。UV



### MWS职员Muhammad Suffian荣获2025年家庭服务中心嘉奖

祝贺来自MWS家庭服务中心 – 淡滨尼的Muhammad Suffian Bin Bahrin荣获2025年家庭服务中心嘉奖 (Family Service Centre Commendation Award) !



该奖项由社会及家庭发展部每年颁发, 表彰社会服务领域的专业人士在巩固家庭与社区方面所展现的奉献精神与实际影响。

在MWS家庭服务中心 – 淡滨尼, Suffian开发并推行了“保护我的身体安全” (Keeping My Body Safe) 小组工作项目, 教导儿童认识个人安全与自我保护行为。除了赋能儿童, 该项目也提升了社区对相关议题的认识, 并针对当今社会最为迫切的家庭暴力问题, 提供及早预防和上游介入。

为延续这项工作的成果, Suffian代表MWS出席了在墨尔本举行的国际儿童创伤会议, 并在会上分享该项目, 强调向年仅五岁的儿童教授自我保护行为的重要性, 因为许多儿童性侵案件往往在小学阶段被揭露。

Suffian分享道: “能够见证孩子们逐渐建立起安全感与信任感, 令人感到欣慰。我们也希望这种感受能在项目结束后, 长久留在他们心中。”

感谢Suffian为MWS争光! UV

### 共庆MWS疗养院 - 友诺士正式开幕

2025年11月19日,继今年3月投入试运营后,卫理福利服务(MWS)正式为MWS疗养院 - 友诺士举行开幕典礼。

这家拥有171个床位的疗养院,不仅进一步加强了对新加坡年长者的支援,也体现了卫理福利服务推动以人为本、社区为基础的乐龄护理服务的承诺。该院与新加坡保健服务集团综合诊疗所(友诺士)及MWS结合乐龄护理中心 - 友诺士毗邻而设,让年长者能更无缝、协调地获取初级医疗、康复及慈怀疗护服务。

文化、社区及青年部兼人力部政务部长、东南区市长迪内希(Dinesh Vasu Dash)受邀主持了开幕典礼。

出席嘉宾包括新加坡卫理公会会督兼卫理福利服务赞助人林建隆;卫理福利服务



(左至右): MWS管理委员会副主席颜绍考、MWS管理委员会主席卓名宏,以及主宾迪内希,新加坡卫理公会会督兼MWS赞助人林建隆牧师,以及MWS集团执行总监吴伟志,一同出席MWS疗养院 - 友诺士的正式开幕典礼

管理委员会主席卓名宏;以及来自护联中心、新加坡保健服务集团综合诊疗所、国立健保集团药房和卫理公会卫斯理堂(MWS疗养院 - 友诺士的创始合作伙伴)的代表;此外还有主要捐助者和社区伙伴。

嘉宾们在导览活动中,生动体验了疗养院的护理创新技术,

包括三项现场演示:辅助淋浴系统、负责运送餐食和衣物的自主移动机器人,以及带领院民进行锻炼的人形社交机器人Daisy。嘉宾们还参观了以文化遗产为主题的



“怀旧室”,该空间旨在激发年长者的共同记忆。

这些亮点共同展示了乐龄护理服务的整合,为年长者提供全方位的支持。UV

作为导览展示的一环,人形机器人Daisy带领院民进行上半身运动

### MWS嘉年华汇聚三代同堂,共度欢乐时光

2025年12月6日,超过300名居民齐聚芬维尔民众俱乐部,参加“三代同乐嘉年华”。现场传统游戏热火朝天,陶土动物在鲜艳的颜色下变得栩栩如生,到处洋溢着欢声笑语。

此次嘉年华由MWS活跃乐龄中心 - 芬维尔与惹兰加由活跃乐龄委员会联合,旨在通过适合各年龄层的活动,增进跨代情谊。

父母、孩子和祖父母一家三代,通过乐高积木搭建、陶土动物脸部绘画,以及以新加坡旧照片为主题的记忆配对游戏,增进彼此的感情。充气城堡让年幼的参与者乐在其中,而麻糍、爆米花和棉花糖等怀旧小吃则为活动增添了浓浓的节日气氛。

此外,提供婚姻与离婚支援、家庭辅导、婚姻成长与育儿支持,以及处理复杂家庭问题个案的MWS服务团队也在现场进行宣导,让参与者了解可获得的援助。盛港综合医院也配合活动,分享关



参与者与惹兰加由区国会议员黄志明在2025年“三代同乐嘉年华”上合影

于健康饮食的实用建议,并介绍现有的健康筛查服务。

对于73岁的参与者张雪华来说,这次与孙子陈俊昇一同参

加的经历格外有意义。她分享道:“这里的活动适合我们两个人。这是我们增进感情、共度时光的绝佳机会。”

## 从特需舞者、乐龄鼓手到儿童合唱团：一场共庆疗愈与希望的包容性音乐会

2025年11月1日，“共建疗愈之国”音乐会，通过舞蹈、音乐和朗诵，生动呈现了一段从黑暗走向光明的旅程。

为庆祝新加坡卫理公会140周年及新加坡独立60周年，这场历时70分钟的汇演生动演绎了关于挣扎、痛苦、希望与修复的故事。来自不同背景的表演者齐聚舞台，共同以此叙事。

音乐会由卫理公会的关怀与外展机构——卫理福利服务(MWS)主办，于星宇表演艺

术中心举行，并荣幸邀请到尚达曼总统作为主宾莅临现场。

出席嘉宾包括来自慈善机构，新加坡宗教联谊会，文化、社区及青年部，以及各基督教派别的代表。为确保音乐会具有包容性，卫理公会卫斯理堂聋人事工的成员在现场提供了全程手语翻译。

此次音乐会为“共建疗愈之国”运动的一系列年度活动总结。这项由卫理福利服务发起的全国性运动，旨在汇聚140万小时的志愿服务时间，并筹募140万新元，以扶持多达1,000个有需要的家庭和个人。



我们衷心感谢所有支持者的坚定支持与慷慨解囊。您的携手同行，加强了我们在社区中推动疗愈与修复的工作。感谢您与卫理福利服务并肩，共同赋权生命。UV

若您错过了音乐会，或想重温当晚的精彩时刻，欢迎浏览 [www.mws.sg/thn-concert](http://www.mws.sg/thn-concert) 或扫描二维码，观看整场演出！



## MWS教牧蔡秋波荣获“仁心奖”殊荣

2022年的一个晚上，办公时间已过，卫理福利服务(MWS)教牧蔡秋波听到工作电话响起，便毫不犹豫地接听了。电话那头是她的同事，告知MWS居家护理与慈怀疗护的一位晚期鼻咽癌服务对象明杰\*，承受着剧烈的身体疼痛和深层的情感痛苦。他因与家人及上帝之间尚未化解的矛盾，内心沉重。他的妻子兼看护者秀玲\*也被悲伤和疲惫压得透不过气。随着明杰的病情恶化，他焦躁的情绪让原本脆弱的关系雪上加霜，令秀玲夹在深深的伤痛与即将失去丈夫的恐惧之间，备受煎熬。

在接下来的几个月里，秋波透过牧灵关怀，紧密地陪伴这对夫妇同行。这为明杰带来了内心的平安，也为他的



家人带来了慰藉。当明杰失去听力和说话能力时，秋波鼓励他写字条给妻子，表达爱意并请求原谅。当秀玲读到字条时，不禁泪流满面。原谅随之而来，两人终于和解了。这一切就发生在明杰安详离世的两周前。

这是秋波自2017年加入卫理福利服务以来，陪伴过的众多生命之一。作为MWS居家护理与慈怀疗护及MWS疗养院-油池多学科团队的一员，她为处于生命最后阶段的病患提供灵性情感关怀，也在看护者经历人生至痛时刻时，与他们并肩同行。

凭借其恻隐之心，以及对全人关怀始终如一的投入，秋波荣获由卫生部控股所颁发的“2025年仁心奖”(Healthcare Humanity Award 2025)。该奖项旨在表彰那些超越职责范围，以非凡的爱心与仁德服务他人的医疗保健专业人员。

秋波曾是一名会计师，在陪伴已故丈夫走过癌症末期的旅程后，她毅然放弃了20年的金融职业生涯，转而投身教牧工作。她感言道：“这个奖项肯定了灵性支援在医疗保健中占有一席之地，也是全人、以人为本的护理模式中不可或缺的一部分。”

让我们一同祝贺秋波荣获此项实至名归的殊荣！

\*为保护隐私，以上为化名

## MWS成为首家荣获“职场学习就绪认证”的社区护理机构



卫理福利服务(MWS)成为首家获颁“职场学习就绪认证”(Workplace Learning:READY Mark)的社区护理机构。这不仅肯定了我们所建立的强健职场学习文化，也展现了我们有计划、可持续培育人才的承诺。

该认证由南洋理工学院开设的全国职场学习中心(National Centre of Excellence for Workplace Learning)颁发，表彰机构在前瞻性职场学习实践与能力建设上的投入。

卫理福利服务的学习模式建立在清晰的流程、领导层的坚定投入，以及积极的实地参与之上，使员工能够在实际工作中学习与成长。我们将持续强化职场学习，投入人才发展，追求卓越，并创造深远的影响。UV

# 婚外情后的疗愈

在愧疚与内心挣扎中沉浮多年的慧敏\*终于愿意直面不忠背后更深的创伤，并踏上透过辅导寻求疗愈的旅程。



在辅导过程中，巩固家庭计划(卫理福利服务)的助理高级社工Kartik Anand为慧敏\*提供指引与支持

2024年初，当慧敏\*向丈夫提出离婚时，对方情绪瞬间崩溃。将近十年的婚姻里，这位两个孩子的母亲因两段婚外情而深陷愈演愈烈的情感风暴之中。

“我的丈夫在发现我第一次出轨时就已经受到重创了，”她说道。“当他发现第二次时，整个人被愤怒吞噬，甚至觉得万念俱灰。”

带着深深的愧疚与绝望，她在2024年10月向巩固家庭计划(卫理福利服务)(Strengthening Families Programme (Methodist Welfare Services))寻求援助。

## 揭开深藏的挣扎

透过辅导，慧敏\*逐渐看见自己更深层的创伤原因——童年时期被遗弃与情感疏离的经历。这些伤痛在她心里留下持续的空虚感，也让她在成长过程中不断依赖亲密关系来确认自己的价值。

**“治疗让我明白了空虚的来源，也帮助我学会调节焦虑等情绪。随着时间过去，我慢慢经历了疗愈，不再哭着入睡。”**

“从十五岁起，我就不断投入新的关系，”她分享道。“即使后来组建了家庭，那种空虚和孤独依然没有离开过我。”她将这种感受追溯到：十三岁之前由监护人照顾，之后才回到忙碌、少有情感交流的父母身边。

幼年情感忽视的经历在她成年后留下了难以填补的空虚。“我甚至走进了一段自己并没有完全投入的婚姻，”她坦承。由于无法理解、也无从处理心里的痛，她开始在婚姻之外寻求情感与亲密上的慰藉。

## 迈向完整之路

透过“空椅技术”(与房间里的一张空椅子对话，想象重要的

人正坐在上面)，慧敏\*重新发现童年时期未被满足的情感需求，并在社工Kartik Anand的引导下逐步重塑这些早期经验。这项练习让她得以说出那些深埋心底的情绪，处理过往的伤痛，也带来了久违的情感释放。

她想象自己的监护人在身旁安慰她、邀请她放下痛楚、鼓励她快乐地过生活。这样的练习帮助她从无助转向坚韧，也提醒她心里其实有力量可以依靠。她开始用更健康的方式应对孤独，并逐渐在内心建立起更稳固的情绪基础。

在辅导过程中，Kartik还带领她“进入”一个属于自己的安全空间——对她而言，那是童年时期与监护人共同居住的小屋。他随后利用AI生成一幅意象图，让她在感到不堪重负时可以透过观看图像来安定情绪、回到安全感里。

“治疗让我明白了空虚的来源，也帮助我学会调节焦虑等

情绪，”她说。“随着时间过去，我慢慢经历了疗愈，不再哭着入睡。现在的我心态更正面，更能与人联结，也能在陪伴孩子时真正投入，而不是人在，但心却不在。”

## 从沉默回避到坦诚对话

随着慧敏\*的内在疗愈逐渐稳固，她的转变也让原本有所抗拒的丈夫愿意参与辅导。过去，他们的婚姻长期停在僵局里：丈夫避开困难的对话，而她把感受压在心里不说，双方因此常常误解对方，情绪压力也不断累积。

辅导为他们提供了一个安全的空间，让两人能够坦诚表达各自对关系的需求与期望，也学习以同理心倾听、以真诚沟通。虽然他们最终计划分开，但开放对话的练习缓和了家中的紧张气氛，为孩子创造了更安全的成长环境，也让夫妻之间得以保持友善、互相尊重的关系。UV

\*为保护隐私，以上为化名



## 当文化差异引燃冲突

查理\*夫妇因文化和育儿方式的差异而长期意见相左，最终透过婚姻成长课程，学会了跨越隔阂、重拾亲密。

查理\*回忆起与结婚18年的妻子之间，一次特别激烈的冲突。“有一次，我在女儿12岁时送了她一台手机。妻子发现后大发雷霆，把手机狠狠地砸在地上，当场摔坏。”他说。

如今，这对50多岁的夫妇正抚养着三个学龄孩子，却发现彼此在价值观和育儿方式上经常发生冲突。

来自荷兰的查理形容自己“随性放松”，承认自己对“孩子的教育不太上心”。相对而言，他的新加坡籍妻子则倾向于“权威式”，坚信学业至上，经常为孩子报名参加多个强化班。他的随性态度和事事顺从孩子的做法（如让他们看电视或玩手机），经常与妻子严格、追求成就的育儿方式产生冲突。

随着时间推移，这些差异造成了紧张和情感疏离。每当他们争吵时，查理就会选择退缩，对妻子冷战，最长可达两周。

### 重建婚姻中的联结

查理的转折点，来自他在Parents Gateway网站上看到的一项资讯。当时，他登入儿子学校的平台，正好看见了Prepare/Enrich婚姻成长课程。“我觉得这是个很好的起点，能帮助我们修复婚姻。”他说道。

透过卫理福利服务（MWS）营运的凝聚家庭社区推广计划 - MWS (Families for Life@Community - MWS) 所开展的活动，查理意识到自己在冲突中退缩的习惯，让妻子感觉被忽略、未被倾听。他也学会了另一种应对方法——“暂停”：暂时离开、冷静下来，并在双方都准备好进行建设性沟通时再回到谈话中。

夫妻俩还参与了一项“麦克风式”练习，轮流发言且不被打断。这项活动旨在培养积极倾听、相互尊重和情感理

解的能力。查理分享道：“以前我和妻子意见不合时，我总会反击。但现在，我努力让她把话说完，或者选择退一步。每个人都有自己的‘引爆点’，能妥善管理冲突真的很好。如今，我们争吵的次数明显少了。”

**“以前我和妻子意见不合时，我总会反击。但现在，我努力让她把话说完，或者选择退一步...如今，我们争吵的次数明显少了。”**

### 夫妻关系稳固，家庭更和谐

查理分享道，他现在也将同样的冲突处理技巧运用在与孩子的沟通上。“我希望能为他们树立健康的沟通榜样，

其中也包括我与妻子说话的方式，因为这会影响他们怎么看待关系。”他说。

夫妇俩也开始每周安排“约会之夜”，重新建立联结并享受两人的优质时光。他们明白，日常的节奏和共同的小仪式有助于稳固关系，因此现在会刻意安排定期的家庭聚餐和亲子活动。这些看似微小却持续的习惯，让彼此的联结更深，也为家庭带来了更多和谐。

展望未来，查理觉得自己更有信心，也更有能力与家人一起面对挑战。“透过这个计划所学到的方法，我现在对家庭生活更有盼望，也更受鼓励。”他说。“它确实帮助我们看见婚姻中的成长空间，更了解彼此的优缺点，并提升了我们的整体福祉。” UV

\*为保护隐私，以上为化名

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素娟，48岁与她的儿子过曜  
他是居住在卫理福利服务伯大尼疗养院  
- 蔡厝港，接受全天候的专业护理。