

CHILDREN'S AID SOCIETY

FOUNDED IN 1902

About Children's Aid Society 关于儿童援助协会

Established in 1902, Children's Aid Society is amongst Singapore's oldest, secular philanthropic organisations supporting disadvantaged children, youth, and families. Through Children's Aid Society's two services, **Melrose Home and Melrose Care**, the Society aims to provide a holistic range of residential care, specialised therapy, and psychological services to support and empower the most vulnerable in our community through their challenges of adverse family circumstances, family violence, and child neglect.

成立于1902年，儿童援助协会是协助弱势儿童、青少年及家庭的、新加坡历史最悠久的非盈利慈善团体。

通过旗下的两大服务组织，既妙乐之家及妙乐关怀中心，本会旨在通过提供一个涵盖居家疗护、专业治疗及心理咨询的服务，给予社会中处于弱势的群体如家境不好、家暴及被疏忽孩童支持与力量。

MELROSE HOME 妙乐之家 RESIDENTIAL CARE SERVICES



Melrose Home provides a nurturing 'Home away from Home' for vulnerable children and youth (6-18 years old) who are coping with adverse family circumstances or child protection issues. We have evolved from a Children's Home to a Small Group Care residential facility with a Children Wing and Youth Wing.

妙乐之家秉持“家外之家”的概念，给6至18岁面对家境劣势及面对人身安全的弱势孩子们，提供一个安全的培育环境。我们一路走来，已经从儿童之家，开展出儿童与青少年两大分支的小组照顾设施。

GET IN TOUCH WITH US! 欢迎你联络我们!



MELROSE CARE 妙乐关怀

📍 Blk 557 #01-63 Woodlands Drive 53 Singapore 730557

✉ melrosecare@childrensaidsociety.org.sg

☎ 6970 0971

How to get to Melrose Care

🚌 Take a bus from Woodlands Bus Interchange

1 962: Alight at Blk 618 and cross overhead bridge

2 901 & 901M: Alight at Blk 554

For enquiries on our Residential Care services, please contact:

MELROSE HOME 妙乐之家

📍 35 Boon Lay Avenue
Singapore 649962

☎ 6466 5758

✉ ask@childrensaidsociety.org.sg

🌐 www.childrensaidsociety.org.sg

📱 childrensaidsocietysg



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(Children's Aid Society)

MELROSE CARE

CHILDREN'S AID SOCIETY

COUNSELLING & PSYCHOTHERAPY SERVICES

辅导与心理治疗服务

Successful Lives
丰盛的人生

Stable Families
稳健的家庭

Strong Community
具有凝聚力的社区

MELROSE CARE 妙乐关怀



CHILDREN'S AID SOCIETY

A regional counselling centre with specialised therapies such as Art Therapy & Play Therapy as well as psychological assessment & treatment for children, youths and families in-need in the community. We are a multidisciplinary team of qualified mental health care & social care professionals working collaboratively with other professionals such as social workers, school counsellors, teachers, doctors etc. in the child/youth's life.

妙乐关怀提供一站式的医疗服务让孩子，青少年及家庭得到适当的治疗服务。我们是一组跨领域的团队，在心理健康及社会关怀的工作上，与其他的社工，学校辅导员，老师，医生共同携手协助孩子，青少年及家庭。

OUR SERVICES

我们的服务

Specialised Therapies for Children & Youths

儿童和青少年专业治疗

Individual Art Therapy
Art Therapy Groupwork
Individual Play Therapy
Play Therapy Groupwork

个人艺术治疗
团体艺术治疗
个人游戏治疗
团体游戏治疗

Family & Parenting Support

家庭和亲子支援

Filial Play with parents
Family Counselling
Parenting Groupwork
Family-Life Education Talks
Parent-Skills Lab Workshops

亲子游戏治疗
家庭辅导
亲子团体活动
亲子讲座
亲子工作坊

Psychology Services

心理服务

Psychological Assessments
Psychological Therapy

心理测验
心理治疗

About our Counselling, Therapies & Psychological Services 关于我们的辅导，治疗和心理服务

Counselling 辅导



Our counsellors respect your inner and family resources. We aim to provide a conducive and therapeutic space for dialogue and interaction, so that family members can understand each other's emotions, thoughts and expectation, and thus reshape their interactional patterns and provide better support for one another. In addition, we provide personal counselling to support individuals in examining their difficulties through multiple perspectives and adopt option which are aligned to their values.

每个家庭都有丰富的资源。通过对话，让家人了解彼此的情绪，想法，期待，从而改善家里的互动模式，让家人彼此相依。此外，我们也提供个人辅导，让您在困难低落时，可以整理思绪，用多元的角度重新看待事物，探讨适合自己价值观的处理方法。

Art Therapy 艺术治疗



Art making provides a more comfortable way for family members to work together, learn about each other's strengths and vulnerabilities. When words are not enough, our art therapists facilitate the expression of overwhelming thoughts and emotions using art materials in a supported and safe environment.

通过艺术活动，让家人一起合作，看见各人的长处及互相学习，在艺术活动更了解彼此。当情绪无法用语言表达时，个人也可通过艺术创作，从中看见自己，发现自我。

Play Therapy 游戏治疗



Play is the language of child's language. In play therapy, children 'play out' their feelings and challenges using the play toolkit with the therapist. Our play therapist will also facilitate and provide opportunities for children to have better emotional regulation, prosocial skills & problem-solving skills. Parents can also learn how to better bond with their children, guiding their learning and communication through play.

好玩是孩子的天性，研究证明游戏让孩子的大脑更活跃，让学习更有趣。家长们也可从中学习如何从游戏引导孩子学习及促进沟通。孩子也可借着游戏来表达难以言喻的情绪，从而改善孩子的社交能力与处理困难的能力。

Psychological Services 心理服务



Melrose Care aims to deliver quality and affordable psychological services within the community, so that more people who are in need can access such specialized services. A range of psychological services, including assessments (e.g. IQ, ADHD, Autism, learning disability), and therapy (e.g. behavioural issues, depression, anxiety, stress) are provided, to help children, youths and their families with social, emotional and behavioural problems.

妙乐关怀致力在社区里提供有品质及负担得起的心理咨询服务，以让更多有需要的人能获得这项专业服务。我们提供一系列的心理咨询服务，其中包括心理测试（例如：智商、专注力失调、多动症、自闭症、学习障碍）及心理治疗（例如：行为问题、忧郁、焦虑、压力）以帮助面对社交、情绪及行为问题的小孩、青少年及其家庭。