

Youth Workshop 1 – Befriending Your Emotions

Date: 21st October 2023

Time: 2.30-4.30pm

Venue: 2nd floor Joy Chapel
152, West Coast Road, Singapore 127370

Register here:

https://docs.google.com/forms/d/e/1FAIpQLSdTE7nz2GBNjN9j9_IDUnoWgjMHnd8wYT9FYhJt8l3S4hwhGg/viewform



Befriending your Emotions

Many of us may have difficulty managing our emotions or understanding how we are feeling. We may even struggle to know what we are feeling and unsure what to do with our emotions. Some of us may even feel quite numb most of the time and have a hard time connecting with our emotions. Pamela will help you to understand more about your emotions, negative coping mechanisms that may be hindering you from managing your emotions healthily. Learn healthy ways to regulate and process emotions so you can grow to become more emotionally healthy.



Trainer Profile:

Pamela Koh is the Founder & clinical director of ThriveSg, a counselling arm for young people 17-25 years old. ThriveSg believes in the capacity and potential of everyone to thrive in life if supported and empowered to grow in emotional resilience through the services they provide.

Pamela has worked with tertiary students for more than 18 years, 6 years among Japanese university students in Nagoya. She is a registered counselor and clinical supervisor of the Singapore Association of Counselling (SAC). As a certified therapist in Eye Movement Desensitization Reprocessing (EMDR), she specialises in working with all kinds of traumas and grief issues.

Pamela is passionate about helping people heal from their past traumas, grow emotionally so that they can reach their fullest potential to thrive significantly in life.

Note: If you want to know more, please contact Patrick Chan Yin on 90688992 (M) or patrick@biblechurch.sg