

Youth Workshop 2 – Healing From Our Past to Thrive in Life

Date: 28th 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



Healing From Our Past to Thrive in Life

What has grief got to do with healing from our negative and difficult experiences growing up? Why do these experiences affect you so deeply? In particular, childhood traumas may have a longer lasting impact on us and can continue to affect us even in adulthood if we don't heal from them. Pamela will help you understand why such negative experiences and childhood traumas may affect us and how learning to grieve helps us to heal from them, so that we can let go of our past and thrive significantly in life.



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