

Shine Brighter Than ever

ANNUAL REPORT 2023

Contents

New Centre. New Programmes

Chairman's Message	04
Organisation Information	06
Corporate Governance	07
Board of Directors	10
2023 at a Glance	11
New Whampoa Centre	12

Children Services

ASPIRE®	14
Brick Club@Morning Star®	16
CareNights®	18
EXSEL®	22
Student Care Services	25

Family Wellness Division

Training	30
Case Management	35
Counselling	36

Partner Acknowledgements	37
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Locations	39
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Chairman's Message

"I am the true vine, and my Father is the vinedresser. Every branch in me that bears no fruit he cuts away, and every branch that does bear fruit he prunes to make it bear even more." (John 15:1-2).

In 2023, Morning Star underwent our own pruning process. During our strategic review, we delved deep into our past; understood our purpose; and strove to discern where we stood in a rapidly changing environment.

Pruning also involves making difficult decisions; decisions that reimaged where we should be and to even end programmes that have come to be hallmarks of our work.

Ultimately, the Board identified the strengthening of the parent-child relationship to be both our founding mission and our future driving force. Guided by Catholic Social Teaching, we will focus on the parent-child relationship through social-emotional learning programmes and services. We will also partner educators, professional and

institutions to extend our reach while sharing our expertise in this field by educating and certifying trainers and facilitators to propagate and advocate our vision of a Singapore: a Singapore where parents take ownership to effect positive changes in their relationships with their child and become the child's ideal role model.

Following the review, we also decided to end the NOVA programme. It was a difficult decision given the positive impact NOVA has played in the lives of the children over the years. Using the skills developed over a decade delivering the NOVA programme, we have now adapted a new social-emotional learning programme (EXSEL). Pilot programmes were run in 2023, and judging from the response so far, we are confident that EXSEL can make a significant impact to a larger number of children and their parents.

2023 also saw new beginnings. Our ASPIRE programme started its run in the Whampoa district. Recognising the struggles of disadvantaged families, the programme seeks to provide targeted support for the emotional well-being of such families. By way of care services in the evening, an open study kiosk and programmes that encourage inter-generational interaction between the elderly and the youth, the early shoots of a vibrant community have emerged and we are looking to grow the programme even more.

All in all, I am pleased to report yet another year of growth and service for Morning Star as the

pictures and charts in following pages eloquently testify. The number of parents our Family Wellness Division has strengthened continued to grow in 2023. Our counsellors and Brick Clubs have been kept busy helping parents bond with their children. Carenights continues to receive plaudits: this time for the role it has played in supporting the spousal relationship, so critical in bonding parents and with their child or children.

None of these would have been possible without the unstinting support of donors, government agencies, stakeholders and volunteers. These include the Ministry of Social and Family Development, the National Council of Social Services, the Ministry of Community, Culture and Youth, Caritas Singapore, the Catholic Archdiocese, Crocodile Foundation, ST Telemedia and LEGO. Thank you for continuing to believe in the mission and vision of Morning Star and we look forward to doing even better work in the years ahead. We also commend the work and wellbeing of all staff, volunteers, clients and stakeholders to God. May He who has begun the good work in us, be faithful to complete it. To Him be all glory, honour and praise.

Mr Kelvin Poon
Chairman,
Morning Star Community Services Ltd

Organisation Information

Services & Programmes by Morning Star

Children Services

ASPIRE®
Brick Club@Morning Star®
CareNights®
EXSEL®
Student Care Services

Family Wellness Division

Training

- The Incredible Years®
- PreVenture
- Triple P® & Signposts
- Marriage PREP 8.0
- Family Workshops & Purposeful Play
- For Schools & Organisations

Case management

Counselling

Morning Star Community Services is governed by its Constitution, registered as a charity under the Charities Act (Chapter 37) on 27 November 2002 and a Company Limited by Guarantee on 31 August 2016.

Morning Star Community Services Limited

Address **Blk 508 Bedok North Avenue 3**
#01-369 Singapore 460508

IPC Status **1 July 2022 to 30 June 2025**

UEN No. **201617675H**

Auditor **Kreston David Yeung PAC**
128A Tanjong Pagar Road S088535



To Donate:
morningstar.org.sg/donate



To Volunteer:
morningstar.org.sg/volunteer

☎ **6285 1377** ✉ mcs@morningstar.org.sg 🌐 www.morningstar.org.sg 📱 [/morningstarsg](https://www.facebook.com/morningstarsg)

Corporate Governance

Board Members Meeting Attendance

Mr Kelvin Poon Chairman since 2016	4 out of 4	Ms Kit Tan Chairman, Human Resources Committee since 2019	3 out of 4
Ms Christina Lim Deputy Chairman since 2016	3 out of 4	Mr Gerald Tan Board Member since 2016	4 out of 4
Mr Bernard Yee Secretary since 2020	4 out of 4	Ms Sharon Goh Board Member since 2022	3 out of 4
Ms Elizabeth Sulistio Treasurer since 2019	4 out of 4	Mr Michael Koh Board Member since 2016 <i>Michael stepped down from the Board at the AGM 2023</i>	2 out of 2

Executive Management Team

1 Aug 2012

Mr Freddie Low
Executive Director

18 Mar 2019

Mr Rick Lee
Deputy Director,
Family Wellness Division

6 May 2013

Ms Josephine Loh
Senior Training Manager,
Family Wellness Division

16 May 2016

Ms Agnes Yeo
Finance Manager

5 Feb 2018

Ms Sherlee Choliluddin
Corporate Services Manager

21 Feb 2018

Mr Khong Kiong Seng
Communications &
Development Manager

1 Apr 2021

Mr Shaun Liu
Interim Case Manager,
Family Wellness Division

18 July 2022

Ms Justyna Ng
Programmes Manager

16 Sep 2019

Ms Marie Khong
EXSEL® Manager,
Programme Manager

22 Feb 2022

Mr Lemuel Baculanta
Assistant Manager,
CareNights Programme

7 Sep 2023

Ms Sandy Koh
Student Care Services Senior Manager

Board Governance

	Code	Response
Induction and orientation are provided to incoming Board members upon joining the Board	1.1.2	Complied
Are there Board members holding staff appointments?	-	No
The Treasurer can only serve a maximum of 4 consecutive years	1.1.2	Complied
All governing board members must submit themselves for re-nomination and re-appointment, at least once every 3 years	1.1.8	Complied
There are documented terms of reference for the Board and each of its committees	1.2.1	Complied

Conflict of Interest

	Code	Response
There are documented procedures for governing board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity	2.1	Complied
There are special procedures to deal with the conflict of interest when board members have any interest in business transactions or contracts, joint ventures, suppliers, service users, beneficiaries or staff	2.3	Complied
Board members do not vote or participate in decision making on matters where they have a conflict of interest	2.4	Complied
Board members have signed a Conflict of Interest Declaration	2.5	Complied
There is a whistle-blowing policy in place to address concerns about possible wrongdoing or improprieties in financial or other matters within the charity	-	Yes

Human Resource & Volunteer Management

	Code	Response
The Board approves documented human resource policies for staff, process for setting the remuneration, measurable and clearly defined targets	5.1 5.2	Complied
The Board approves a documented Code of Conduct	5.3	Complied
Human resource policies aim to attract, retain and motivate staff with suitable qualifications, experience and performance	5.4	Complied
There are processes for regular supervision, appraisal and professional development of staff	5.5	Complied
There are documented policies for claims for reimbursement of expenses	5.6	Complied

Strategic Planning

	Code	Response
The Board periodically reviews and approves the strategic plan to ensure that activities are in line with objectives	3.2.2	Complied
Strategic plans, programmes and outcomes are adequately reported to stakeholders	3.2.3	Complied
The Board monitors the progress of the documented plan to develop capacity and capability	3.2.4	Complied

Financial Management & Internal Controls

	Code	Response
There is a documented policy to seek the Board's approval for any financial matters provided apart from core charitable programmes	6.1.1	Complied
There are documented procedures in place for internal controls for financial matters in key areas	6.1.2	Complied
Reviews on internal controls, processes, key programmes and events are regularly conducted	6.1.3	Complied
There is a process in place to identify, monitor and review key risks	6.1.4	Complied
The Board approves an annual budget for plans and regularly monitors expenditure	6.2.1	Complied
MSCS aims to keep in reserves up to two times of total operating expenses and regularly reviews its financial status	6.4.1	Complied
There is a documented investment policy approved by the Board	6.4.3	Complied

Disclosure & Transparency

	Code	Response
All collections received are properly accounted for and promptly deposited	7.2.2	Complied
All donations in kind received are properly recorded and accounted for	7.2.3	Complied

Disclosure & Transparency

	Code	Response
Number of Board meetings and Board members' attendance is disclosed	8.2	Complied
Board Members are not remunerated	2.2 8.3	Complied
The highest paid staff receive \$100,000-150,000 annually	8.4	Complied

Our only assets are cash in the bank and that functions as a reserve for future projects or continuation of current programmes and services if needed.

Board of Directors



Mr Kelvin Poon – Chairman
Deputy & Managing Partner,
Rajah & Tann Singapore



Ms Christina Lim – Deputy Chairman
Head of HR & Communications,
B. Braun Singapore



**Ms Kit Chan – Chairman,
Human Resources Committee**
HR Business Partner, Tech Date



Ms Elizabeth Sulistio – Treasurer
Senior Audit Manager,
OCBC Bank Group Audit



Mr Bernard Yee – Secretary
Managing Director,
Resource Law



Ms Sharon Goh
In-house legal counsel,
JERA Global Markets Pte Ltd



Mr Gerald Tan
Manager, Systems
& Projects, PetroChina



Relocation of MSCS Head
Office from Geylang to
new **Whampoa centre**



New parent-child workshop
Purposeful Play (30
parents participated)

Roadshow at St. Anne's
Church in support of
special needs community



**1,069
Training
hours**



238
children enrolled in
Student Care Services

79 children served
in **CareNights®**



Birth of new programme
ASPIRE®@Whampoa



New youth
programme
PreVenture

Launch of new
programme **Brick
Club @ Morning
Star®** through a
partnership with Play
Included UK



Pilot run of new
programme
EXSEL®



**5,156
Training
participants
impacted**



CareNights® featured on
President's Challenge "**Gift
of Joy**" (aired on 27 Dec
on Mediacorp Channel 5)

2023 at a Glance



children helped
through SCFA
Scheme

**NOVA Learning Intervention
Programme** ceased operations
end-June 2023 (23 children assisted;
transited to **EXSEL®** programme)

We have moved to our
new centre at Whampoa



The big move from
Geylang to Whampoa



The new Brick Club® at Whampoa

A big space for meetings
and workshops



Aspire®'s room is so welcoming

Morning Star relocated to Whampoa and began operations
and receiving its clients in the new centre from June 2023.

Children
Services

ASPIRE® Programme

Overview of ASPIRE®

The return to face-to-face programs post-Covid signifies a welcome and significant step toward normalcy, fostering a sense of connection and community that digital interactions often cannot fully replicate. Poised to become a beacon of support and empowerment, ASPIRE@Whampoa was launched in 2023. An integrated, safe and empowering space for everyone to realize their full potential, we provide a holistic range of specialised programmes and services for individuals and families. As this centre opens its doors, it symbolizes a tangible step toward building vibrant communities that can make a difference to society.

ASPIRE® Junior

ASPIRE® Junior, a new social-emotional program was launched in mid-2023 to specifically assist disadvantaged families. This new programme recognizes the unique struggles these families face and aims to provide targeted support to enhance their emotional well-being. Through interactive workshops and community engagement activities, ASPIRE®

seeks to empower individuals within these families, fostering resilience and facilitating a sense of connection. By addressing the socio-emotional needs of disadvantaged families, the program aspires to contribute to their overall recovery and adaptation in the post-pandemic environment, promoting a more inclusive and supportive society.



ASPIRE® Study Kiosk (ASK!)

Recognizing the financial barriers that some aspiring students face in pursuing higher education, our volunteers from local universities have dedicated their time and expertise to provide tuition assistance at no cost on a weekly basis at ASPIRE® @ Whampoa. They offer guidance and academic support to those in need, creating an inclusive learning environment. A programme for the community, by the community, this also reflects a commitment to the principle that education should be a universal right, regardless of one's economic background.



ASPIRE® Inter-Gen

The introduction of an inter-generational program in the Whampoa community has emerged as a transformative initiative fostering connections between different age groups. This program seeks to bridge generational gaps by facilitating meaningful interactions and mutual learning experiences. Elderly members share their wealth of wisdom and life experiences with younger participants, while the younger generation imparts technological know-how and contemporary perspectives. Through collaborative activities such as workshops and community events, the inter-generational program creates a vibrant tapestry of shared knowledge and understanding in the Whampoa community. This not only strengthens the social fabric of the community but also nurtures empathy and respect across age groups. As a result, the program contributes to the cultivation of a supportive and cohesive community environment where individuals of all ages can learn, grow, and thrive together.



Brick Club@Morning Star®

Morning Star is the first organization in Singapore to have staff trained in the LEGO® Brick-by-Brick programme developed by Play Included C.I.C. in the U.K.
This programme trains counsellors and other social professionals to set up and facilitate Brick Clubs®.



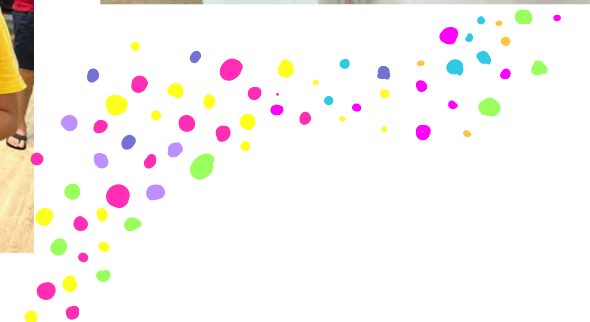
Brick Clubs® involves groups of up to three children interacting with each other through playing with LEGO®. It allows them to nurture their cognitive skills with creative thinking, engage in social skills like taking turns, teamwork and resolving conflicts and learning to express their emotions.

The Counselling Services has set up Brick Clubs® in MSCS Student Care Centres at Hougang and St. Gabriel's Primary School. Opening the new Counselling Centre at Whampoa in May 2023, the FWD set up a LEGO® room to run Brick Clubs® in Whampoa.

Brick Club @ Morning Star® has since impacted 109 children and adults from July to December.

Brick Club Family @ Morning Star

To enhance parent-child relationships, we formed Brick Club Family® for children and main caregivers to play and build LEGO® models together. In addition to building LEGO® models, all the participants also build closer familial bonds with one another.



CareNights®

- 147 volunteers
- clocked in a total of
- 1,234 hours

Total Children since 2016	Total Families since 2016	Total Indirect Beneficiaries since 2016	Total Children Served in 2023	Total Families Served in 2023
301	185	445	79	49

Corporate Partners

Bank of East Asia- sponsored a movie outing. The children went to see 2D- SPIDER-MAN: ACROSS THE SPIDER-VERSE. Each child received a goodie bag after they were treated lunch at Swensen's

Far East Organisation- Sponsored dinner and gifts for Children's day party; sponsored Parent-child bonding outing at Singapore Zoo. They also organized another outing in December that includes activities such as bowling and shore clean-up at Changi beach. They also provided a lunch buffet for the children and staff

Rahmatan Lil Alamin Foundation (RLAF) – reimbursement of grant for enrichment programmes and Parent-child bonding workshops

Tan Chin Tuan Foundation- monetary donations

Mrs Dorothy Chan (FEO)- monetary donations

Heart of God Church with volunteers from Masjid Kampung Siglap- sponsored the transportation and dinner for our combined Christmas Party at Primavera centre. They also conducted games with prizes

Nanyang Academy of Fine Arts (NAFA)- sponsored an Art Camp outing for the upper primary students

Bloomberg, Singapore- donated boxes of toys to be used in our 4 centres. They also sent volunteers on alternate months to our Sengkang and Agape centres

Heartware Network and Tanoto Foundation -provided free tuition classes and conducted Reading programme in SK and Agape Village centres

NUS Communications and New Media Society-conducted a 2-session digital wellness workshops with CareNights and SCS students

Filos.Sg- screened and trained volunteers to be deployed in BN and Primavera as tutors and reading programme mentors

AMKFSC Community Services, Volunteer Centre- screened and trained volunteers to be deployed in Sengkang

- Singapore Repertory Theatre-** sponsored tickets for the stage play "Goldilocks and the Three Bears"
- We Care Community Services-**sponsored tickets for the parents and their children to watch the movie "Transformers: Rise of the Beasts"
- National Junior College-**2 separate groups conducted 3 sessions of Science experiment lessons and Drama workshops
- Youth Corps Mental Health Cluster-**conducted 5 sessions of mental health workshops through their initiative called "Colouring Thoughts"
- Hwa Chong Institution through Heartware Network** – conducted 2 sessions of card-designing workshop called 'We Love Our Teachers' project.
- Dyslexia Association of Singapore (DAS)-**conducted an online dyslexia awareness talk to our facilitators, volunteers and parents
- BalloonAid Organisation-** conducted a free terrarium workshop in SK
- DUO Towers, through Jones Lange La Salle and Caritas Singapore** bought and packed Christmas presents for CareNights®, ASPIRE® and SCS SCFA students based on the students' wish list
- LEGO®-** sponsored bath towels as Christmas gifts
- Eton house-**packed Christmas gifts for our children
- Korean Presbyterian Church-** gave the children Christmas packs

Programmes and Events

Months	Programmes and Events	
1 January	▶ Ukulele lessons at Agape Village by Resonance Project	▶ Bloomberg volunteers conducting games at SK Centre
2 February	▶ Terrarium Workshop @ Sengkang conducted by Balloon Aid Organisation	▶ Cartoon Drawing Enrichment in all 4 centres conducted by B-Inspire, funded by RLAF
3 March	▶ Cajon and Keyboard lessons @ Sengkang by Resonance Project	

Months	Programmes and Events	
4 April	▶ Weekly tuition lessons by Heartware network in SK and Agape Village ▶ Block Visit @ PV 	
5 May	▶ NAFA Art Camp outing 	
6 June	▶ "We love our Teacher Project"- Collaboration with Heartware and Hwa Chong Institute students ▶ Movie Outing @ Vivo City 	
7 July	▶ Parent-child bonding and outing at Singapore Zoo ▶ Tuition and Reading Programme at PV and BN conducted by Filos.sg volunteers ▶ 2-part Digital Wellness Workshops at Sengkang conducted by NUS Communications and New Media Society  	
8 August	▶ Parent child bonding, Terrarium workshop ▶ Dance Lessons, 10 sessions funded by RLAF ▶ Staff training – Trauma + ACE Diagram by Leon Tan ▶ Colouring Thoughts @ SK CN conducted by Youth Corp Mental Health Cluster ▶ Staff Training - Essential Care-Giving Skills Level 2 	
9 September	▶ Sengkang block visit ▶ Teacher's Day and Staff bonding dinner 	

Months	Programmes and Events	
10 October	▶ Children's day special dinner party and gift giving ▶ Parent-child bonding, Picture Frame Workshop  	
11 November	▶ Filo.sg Tuition and Reading program @ PV & BN Centres ▶ Dyslexia Awareness Talk ▶ NJC Wonder Lab Science Project @ SK CN ▶ Staff Training conducted by Curriculum Committee Team on MS STAR SEL+ virtues Lesson Planning ▶ NJC Drama Workshop @ SK CN  	
12 December	▶ Beach clean-up and Bowling Outing at Changi Beach ▶ Staff Meeting: Generating SEL + Virtues curriculum lesson plans ▶ Christmas party, dinner, dance performance, games and gift giving ▶ Bi-monthly Birthday celebration   	

Media and Publicity

- 1 Straits Times** published an article about Carenights on 9 July 2023
<https://www.morningstar.org.sg/2023/07/08/more-night-childcare-help-for-needy-parents-who-are-busy-at-work-or-taking-classes/>
- 2 President's Challenge "Gift of Joy"** featured our CareNights programme on Mediacorp Channel 5. Episode 5 was aired on 27 December 2023, 8pm
<https://www.mewatch.sg/watch/Gift-Of-Joy-E5-427697>

EXSEL® Programme

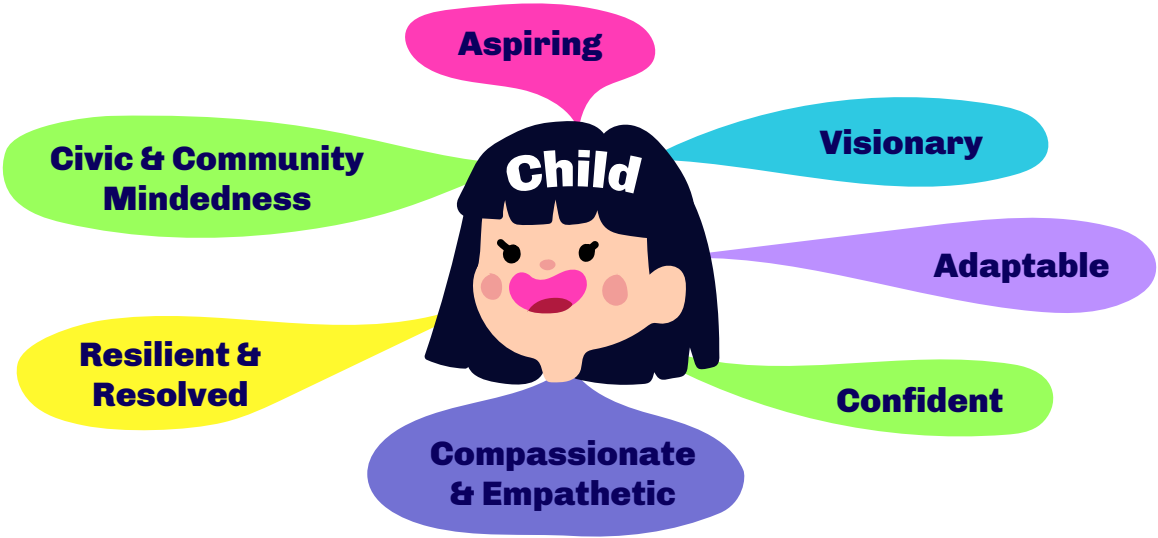
commenced July 2023

EXSEL® is a new programme initiative, to equip children, aged 7 – 12 years old with Social Emotional Learning (SEL) skills and knowledge in a workshop delivery concept.



Using the CASEL Model (5 Competencies – Self-Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision-Making), through fun and engaging activities, children are empowered in their SEL journey to become sensitive, sensible and compassionate citizens.

Attributes of Thriving Children



Expertise in Social Emotional Learning (SEL)

To enter the Children's World of SEL through Play, Experiential Activities, Music and Games

To coach and equip Children 7-12 years old with critical SEL skills

Where? Schools, Community Agencies, Student Care Centres, Children's Homes

EXSEL® impact numbers:

189

children

Primary schools

31

children

Children's Home

NOVA Programme *(ceased operations since June 2023)*

NOVA transited into EXSEL® programme in 2023 to meet needs of children in the community, to achieve greater impact.

NOVA Labs at Montfort Junior School, Valour Primary School, St. Stephen's School and St. Joseph's Institution Junior were phased out.

NOVA Team worked closely with the school leaders to ensure continued and adequate support was rendered to the children who were cared for under NOVA Programme.

NOVA impact numbers:

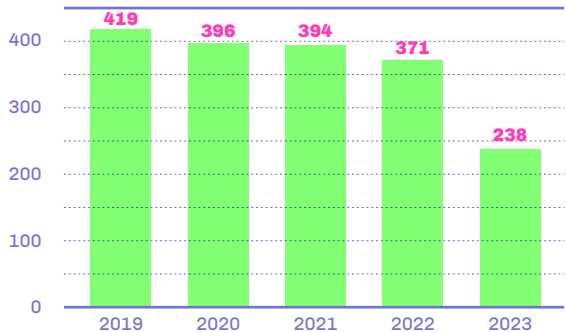
23
children



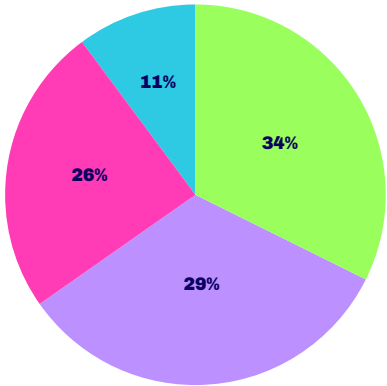
Graduation for last group of 8 NOVA children at St. Joseph's Institution Junior

Student Care Services

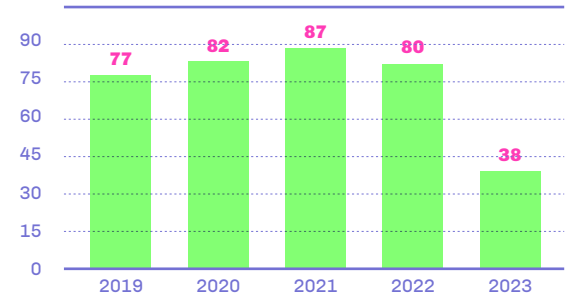
Number of children served



Household Income of Families under SCFA



Student Care Fee Assistance (SCFA) Scheme



Household Income	No. of Families	%
≤ \$1,500	13	34%
\$1,501 to \$2,600	11	29%
\$2,601 to \$4,000	10	26%
\$4,001 to \$4,500	4	11%
TOTAL	38	100%

Centre Programmes

Facilitators create interesting Social-Emotional Learning activities to facilitate our students' learning through creative and interactive ways. These activities challenge each student to discover and enjoy learning in a fun and meaningful way, in addition to teaching them problem-solving and life-skills. Through our values-centric programme, preventive-teaching approach and through experiential learning, we encourage our students to discover their own strengths and abilities.



Social-Emotional Learning activities



Christmas Celebrations



With the lifting of the Covid-19 safety measures, we can finally celebrate Christmas like we used to do in the past. The children came together for games and singalong to celebrate the birth of our Lord Jesus Christ as well as to wish each other Merry Christmas and a wonderful year ahead. In the spirit of sharing, they even had the opportunity to make their own party food to enjoy with one another!

Collaboration with Community Partners



"Let's Gift For A Reason - Adopt An Experience" at SAFRA Toa Payoh.



Financial Literacy Programme for HG & SG conducted by Junior Achievement Singapore



Art Programmes for HG (funded by NAC & CDCs)



Garden Tower Workshop for SK conducted by Aerospring Hydroponics. Project sponsored by Prisca Teng



Hip Hop Dance Programme for PV & SG (funded by NAC & CDCs)



Groovin' with Ukuleles for SK, BN & SG (funded by NAC & CDCs)

Digital Wellbeing Workshop by CNM Connects for SK



Children's Day Programme for All centres conducted by Little Changemakers and sponsored by Collective Designs Pte Ltd.



Ancient Civilisations Enrichment Programme conducted by Little Changemakers for all centres (Sponsored by Collective Designs Pte Ltd)



Pottery Workshop for SK and PV (funded by NAC & CDCs)



Family Wellness Division

Training

"Life is a journey with problems to solve and lessons to learn, but most of all, experiences to enjoy." - A

Here at Family Wellness Division, Training, we have a suite of evidence-based programmes to provide meaningful experiences for our clients.

We clocked in a total of 1,069 training hours and impacted 5,156 participants.

Total Training Hours
1,069

Total No. of participants Impacted
5,156

The Incredible Years Small Group Dinosaur (IYSD)

Our IYSD programme was ever crucial to the young charges who came to us for learning and developmental support in 2023, when all families were resuming their usual routine after COVID19 pandemic period. We supported 23 children and their parents, spending 116 hours building up their resilience.

'In Dinosaur class, I feel safe to share my feelings. I know my friends will also accept me as I am. I hope Dinosaur school can last forever.' - AK, 8 years old



Roadshow at St Anne's Church, Mass with Intentions for the Special Needs Community

In support for the special needs community, we partnered the Office For Catechists (Special Needs) and participated in the roadshow held on 16 April at St Anne's Church. Church congregants showed interest in our programme and registered with us that day itself.

Purposeful Play

Another new parent-child workshop we introduced in 2023 was Purposeful Play. Many young parents and children were excited with this new programme. Although a new programme, we managed to impact over 30 parents with fun-filled play time.



Kopi Session with Grandparents

We engaged our grandparents in our Kopi Sessions and Triple P seminars. Our grandparents had a whale of a time playing and learning skills to better grandparent their grandchildren.



Prevention and Relationship Enhancement Programme (PREP8.0)

'Marital relationship is so fragile nowadays that it does not take much for a couple to go their separate ways. Having some useful handles to help strengthen our relationship in terms of relating and problem solving goes a long way to have a long-lasting marriage.' – C Tan.



We conducted two in-person PREP runs and one online PREP in 2023. We were pleased to be able to journey with the couples in their initial stage of their marital life.

Positive Parenting Programme (Triple P)



Strong response from parents continued for Triple P, especially for Level 4 group sessions. Parents were able to hear from other fellow parents as well as being able to have one-on-one coaching sessions with the Triple P practitioner. In-person seminars were also conducted for clients of like-minded social service agencies and in St Joseph's Church and Church of Christ the King, our Catholic churches. Good response was seen for our seminar held at McDonald's, Bedok Reservoir.



PreVenture

PreVenture is a strengths-based programme for youth that uses brief, personality focused workshops to promote mental health and delay substance use among youth. Youths are guided in thoughtful discussions about the challenges they are facing and they are assisted in exploring the unique features of their personalities. In 2023, we supported clients from New Hope Community Services and the scholars from =DREAMS. Positive outcomes were reported and the youth were equipped with healthy coping skills for their life journey.



Staff Training on SEL Curriculum

In order to equip our staff with skills to conduct our very own Social Emotion Learning Curriculum, a staff training workshop was conducted on 10 November for our staff members from After School Care Services, ASPIRE and CareNights. Our staff members surprised many with their artistic talents in sketching and colouring. Besides being a training session, it was also a discovery session for all of us present that day.

Et Differentias 2023

We held our annual Appreciation Lunch, Et Differentias, for our Associate Trainers and Associate Counsellors at our new Whampoa Centre on 17 November. Besides reviewing our training programmes and processes for the year, they were also updated on our new programme offerings and services for 2024.



Case Management

Case Management Services continued in 2023.

A further 33 cases were referred for Case Management support in 2023.

As of December 2023, 75 cases remained under active Case Management.

Case Management Services continues to provide comprehensive intake assessment services for Morning Star Community Services and community inquiries seeking diverse support. This ensures that clients and stakeholders are guided to services that align with their needs. Our ongoing efforts include strengthening collaboration with community partners and stakeholders to extend assistance and deliver holistic support to all families facing various concerns.

Counselling



Counselling Services

continued in 2023.

As of December 2023, we

have provided over 305.5

hours of counselling sessions

to various clients.

Morning Star Community Services continues to provide professional services at its Counselling Centres at Sengkang and Whampoa from Mondays to Saturdays. Our team of counsellors and associates are trained in various therapeutic modalities including Cognitive Behaviour Therapy, Narrative Therapy, Eye Movement Desensitisation & Reprocessing and Theraplay, to render support to individuals, couples and families in their counselling journey.

Theraplay® Training for Professionals

Morning Star Community Services continues its partnership with The Theraplay Institute from U.S in 2023 to provide runs of Level One Theraplay® Child & Family Training packaged with Group Theraplay® Training and Advanced Theraplay® Practice Training. A total of 28 professionals attended the sessions conducted.



Brown Bag Webinar

In collaboration with the Training Department, the Counselling Services continues to conduct free 1-hour Lunchtime “Brown Bag” Webinars in 2023. Covering various topics from mental wellness to parenting, over 250 participants attended the Webinars that were presented online.

Our Heartfelt Gratitude To:

- A** Anglican High School
APSN Katong School
AWWA Transitional Shelter
AMKFSC Community Services, Volunteer Centre
- B** Bedok Green Primary School
Bedok Green Secondary School
Bedok South Secondary School
Bedok View Secondary School
Broadrick Secondary School
Beyond Social Services
Bank of East Asia
Bloomberg Singapore
BalloonAid Organisation
- C** ComSA
C3A
Crocodile Foundation Ltd
Caritas Singapore
Community Foundation of Singapore
Community Chest Singapore
Channel NewsAsia
Collective Designs Pte Ltd
Compassvale Secondary School
CNM Connects from NUS Communications and New Media Society
Catholic Family Life
CHIJ Katong Convent Primary School
CHIJ Katong Convent Secondary School
Chung Cheng High School (Main)
Church of Christ The King
Cedele, The Bakery Depot Pte Ltd
Chen Su Lan Methodist Children's Home
- D** Damai Primary School
Damai Secondary School
Dyslexia Association of Singapore
Duo Towers
- E** Etonhouse Community Fund
Ednovation
- F** Far East Organisation
Fengshan Primary School
Filos Community Services
- G** Galilee Investment Management
Geylang Methodist School (Primary)
Geylang Methodist School (Secondary)
- H** Holy Innocents' High School
Haig Girls' School
Hwa Chong Institution
Heartware Network
Heart of God Church
- J** Junior Achievement Singapore
Jones Lang LaSalle (JLL)
- K** Kranji Secondary School
Korean Presbyterian Church
Kampong Siglap Lifeskills Training and Retreat Centre
KK Women's and Children's Hospital (KKH)
Kwan Im Thong Hood Cho Temple
- L** Little Changemakers
LEGO Singapore
LEGO
Lew Foundation
Lee Foundation
- M** Maha Bodhi School
Manjusri Secondary School
Marymount Centre
MINDS Towner Gardens School
MOE Kindergarten @ Oasis
Ms Prisca Teng
Mr and Mrs Joseph Ong
Mrs Dorothy Chan
Masjid Kampung Siglap
Ministry of Social & Family Development
Moove Media Pte Ltd
Montfort Junior School

- N**
Nanyang Academy of Fine Arts (NAFA)
National University Hospital (NUH)
Ngee Ann Primary School
Northlight School
National Arts Council
North-East Community Development Council
NUS Communications and New Media Society
NTUC Fairprice Foundation Limited
National Council of Social Service
National Junior College
Ngee Ann Kongsi
Ng Kim Suan Foundation
- P**
Pathlight School
President's Challenge
- R**
Rahmatan Lil Alamin Foundation
Resonance Project
- S**
SIM Choon Wah
South-East Community Development Council
Safra Toa Payoh
St. Joseph's Institution Junior
St. Stephen's School
Solid Rock Foundation
Sky Foundation
Singapore Repertory Theatre
ST Telemedia
SG Cares Volunteer Centre @ Jalan Besar
SG Cares Volunteer Centre @ Sengkang
- T**
The Bloom Box
Tanoto Foundation
The LEGO Group
Tan Chin Tuan Foundation
The Straits Times
Teach SG
Tan Sze Yen

- V**
Valour Primary School
- W**
We Care Community Services
Wong Wei Teck
Whampoa Family Services Centre
- Y**
Youth Corps Mental Health Cluster

=DREAMS

Locations

1 Morning Star Headquarters
Blk 112 Whampoa Road,
#01-83, S321112
6285 1377

2 Morning Star Training Centre
Blk 323B Sengkang East Way
#01-553 S542323
6285 1377 (ext. 139)

3 Morning Star Family Wellness Centre
Blk 323A Sengkang East Way
#01-545 S541323
6285 1377 (ext. 140)

- 4 Hougang Centre**
Student Care
Blk 304 Hougang Avenue 5
#01-405 S530304
6285 1377 (ext. 127)
- 5 Sengkang Centre**
Student Care
CareNights
Blk 261B Sengkang East Way
#01-400 S542261
6285 1377 (ext. 128)
- 6 Bedok North Centre**
Student Care
CareNights
Blk 508 Bedok North Ave 3
#01-369 S460508
6285 1377 (ext. 129)
- 7 Primavera Centre**
Student Care
CareNights
Blk 95 Bedok North Ave 4
#01-1415 S460095
6285 1377 (ext. 130)
- 8 Agape Village**
CareNights
7A Lor 8 Toa Payoh #03-06
Singapore 319264
6801 7400

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