

# Moving on ...



**A Single Parent Guide**

Ministry of Community Development, Youth and Sports  
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# FIRST WORDS

**Change** is part and parcel of life. Change can take place for anyone and at any time. Single parenthood is one of the changes that families can go through, either from divorce or death of a spouse. These experiences can come with much conflict, dilemma and pain, and parents and children can go through major changes in the way they live.

This book is a guide to help families manage the changes brought about by divorce or death. It contains information on the issues that single-parent families may face and the community resources that they can turn to for help and support.

**The book will cover these topics:**

- Divorce - What You Think You Know
- Heart Talk - Loss and You
- Heart Talk - Loss and Your Child
- Sorting Out Money Matters
- Finding a Place to Live
- Looking For a Job
- Making Care Arrangements For Your Child
- Custody and Access
- Getting a Lawyer
- Moving On



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# Moving on ...

## DIVORCE - WHAT YOU THINK YOU KNOW

What you think about divorce can affect how you go through your journey as a single parent. These are some common myths about divorce that people may hold.



### **Myth 1: All my troubles will end**

There is a common idea that divorce is a cure-all: People often think that all their problems will be solved and their troubles will end if they get divorced. Wrong. Divorce often brings in a whole new set of troubles, especially if you have children. It is important for you to be prepared to work out these problems and minimise instability for your children.

### **Myth 2: I will finally be able to get rid of my partner**

Think again. Divorce should not be seen as a way to rid yourself of your partner because if you have children, your partner will continue to be a parent to your child. For the well-being of children, it is important that parents still try to cooperate with each other even after a divorce.

### **Myth 3: My financial situation will remain as it was or be even better**

Unfortunately, this may not be the case. In fact, as a divorced person, you may experience more financial troubles as you now have to rely on a single income. Problems with getting maintenance from your ex-spouse can also arise. The reality is that the financial situation is not going to be the same and you and your children must be prepared to make lifestyle adjustments.

### **Myth 4: My children are better off without my ex-spouse**

Children need both their parents to provide ongoing love and nurturing to them. Even if one parent does not seem to fulfil this role at present, it is not always true to say that the child is better off without him or her.

### **Myth 5: I will be free to do what I want**

Divorce may bring about freedom - but it also brings restrictions. In fact, divorce often leaves you poorer in several ways: Financially (as you have only one income to depend on), in time (you have less time to spend with the children as you will need to work hard to earn enough income), and emotionally (you are drained from bearing more responsibilities alone). So, divorce can cause heavy emotional and financial strain on parents and children.

## HEART TALK - LOSS AND YOU

The loss of a spouse alone brings about natural responses of grief - feelings of loneliness, sadness, bitterness, hurt, anger, frustration and helplessness. Changes in finances, care of children, and employment and housing needs may also create fear, insecurity, anxiety and uncertainty. Single parents take on added roles and responsibilities that are normally shared by two parents. This is a demanding and stressful



task, but you are not alone.

### **I am a single parent. I need to know how to cope.**

When divorce or death takes place, you and your children may experience a loss of identity, relationship and lifestyle. These losses may lead to mixed feelings; you would also have to make adjustments. Your children may not know how to express and cope with their feelings that come with the loss. Some may act out their feelings through improper behaviour; others may choose to stay silent. How well you manage your loss plays a part in how your children handle their feelings and adjustments.

This may also be a time to redefine the roles and expectations of each family member. You may want to prioritise your roles and duties, and draw realistic expectations of yourself and your children. Try to minimise changes and build stability in your family.

You need to take good care of yourself even as you care for your children. Take time out to do what you enjoy. Self-care will give you the confidence and strength to face the challenges as a single parent. Also try to get support from friends and family.

### **My anger towards my ex-spouse is affecting my relationship with my children. Please help.**

Your anger towards your ex-spouse should be kept separate from parenting concerns, so that you can maintain a good relationship with your children. You may want to look at what causes the anger, and it is necessary to understand, accept and handle the anger. Talking to a counsellor would relieve you of the burden of bearing the anger alone.

Even though you may be divorced as husband and wife, you still have to play your role as parents. This will cushion the impact of divorce on your children.

### **My husband left me a few months ago. People tell me that I should be strong for my kids. I miss him and cry all the time. How can I move on with my life?**

It is a difficult time of grieving for an important person in your life. Crying is a way of expressing grief and getting in touch with the feelings arising from the loss. When you allow yourself to grieve, you will gradually be able to accept the loss and move on with your life.

Handling the emotional aspects of divorce or death alone may be overwhelming. You may want to join a support group to meet other single parents who are going through a similar situation.

If you need someone to help you and your children get over your emotional difficulties, please seek a counsellor's help. (See Counselling services listed on pages 16-18.)

## HEART TALK - LOSS AND YOUR CHILD

As a single parent, you will find yourself shouldering multiple tasks and roles - you provide for the family, care for and discipline your children, and organise the home - on your own, while trying to meet your personal needs. How well you cope with your many roles may influence your relationship with your children. This, in turn, influences how well your children cope with the situation.



### How can I help my child to adjust to the change in our family situation?

A crisis such as divorce or death may lead to feelings of loss and emotional distress. Some children may not know how to cope with such feelings and express them in the wrong way. It is important to let your children know that you care for them and they are not to be blamed for the divorce or death. Be open and let them know that they can talk to you about their thoughts and feelings. You may also wish to approach a counsellor to help you and your children get over the loss. (See Counselling services listed on pages 16-18.)

### I am angry that my children often compare me with my ex-spouse who showers them with gifts and outings in the weekends.

Though divorce signals the end of a marital relationship between two adults, it does not mean the end of the relationship between the parents and children. It is quite common for parents who get short visitation rights to “enjoy” the limited time with the children because they miss out on a lot of the larger portion of their lives. They may also shower gifts to compensate for the lack of time they have.

That said, as the main caregiver, you may end up having to deal with the children comparing the different treatments they get from you and your ex-spouse. Talk to them about the differences and show that you are glad and value their happiness with both parents so that they feel accepted and affirmed. Remember that **each child has the right to love both parents** and should not be made to feel guilty about ‘hurting’ one parent by ‘loving’ the other more or be forced to take sides.

Ideally, both you and your ex-spouse should put aside your personal conflicts and agree on how you want to raise your children. Try to talk these things over together. If you have trouble getting through to your ex-spouse, approach a counsellor for help. (See Counselling services listed on pages 16-18.)

## SORTING OUT MONEY MATTERS

As a single parent, one of the greatest challenges you will face is providing for the needs of your family. In many single-parent families, the single parent is the main provider.

Financial planning and budgeting are important, especially if money is tight. It is also useful to know what resources and services there are in the community that you can turn to for financial help.



### What financial help is there for families in need?

**For your family's day-to-day needs,** approach the Community Development Council (CDC) in your district. The CDC will assess your family's needs and, if you qualify, will recommend a suitable assistance package. The CDC also has several schemes to help needy households pay their rent, utilities and service and conservancy charges. You can also approach your HDB Branch office, Town Council or SP Services Limited for advice on schemes or alternative payment plans. (See pages 23-25 for the list of agencies.)

Other grassroots and voluntary welfare organisations also run free or subsidised services like tuition for disadvantaged families, while others may provide food, books and so on. Find out more from the Family Service Centre in your area, your local Resident Committee and Citizens' Consultative Committee, and the self-help groups, that is, the Singapore Indian Development Association, Yayasan Mendaki, Chinese Development Assistance Council or Eurasian Association. (For information on the schemes and whether you qualify, contact your CDCs and the agencies listed on pages 26-27.)

**For schooling expenses,** approach your child's educational institution.

If you have a child who should be attending preschool, check with the childcare centre or kindergarten if it can help you to apply for help to pay the fees. (See page 11 for more information.)

If you have older children, in primary or secondary school or junior college, approach the school for help to pay for your children's school fees, books and other schooling needs. The school may have some schemes to help needy students.

The Institutes of Technical Education (ITEs), polytechnics and universities have various options - from assistance schemes to bursaries to study loans - that could ease your burden. For more information or to apply, ask your child to approach his institute.

**For medical expenses**, ask to see the medical social worker. He will assess your needs and advise you on how to manage the cost of treatment.

### **Maintenance**

Only women can get maintenance for themselves from their ex-husband but any party (whether man or woman) can get maintenance from their ex-spouse for their children.

### **How can I obtain, vary (change), revoke (cancel) and enforce a Maintenance Order?**

Both Muslims and non-Muslims can obtain, vary (change), revoke (cancel) and enforce a Maintenance Order in the Family Court. You may vary or revoke a Maintenance Order only if there has been a significant change in the lives of the parties such that more maintenance is needed. For example, if a child graduates from primary to secondary school, and the school expenses are considerably higher. Or, if one party's ability to pay maintenance is affected. For example, if one party is involved in an accident, is paralysed and cannot work.

It is advisable to consult a lawyer in the areas in which you are unsure. (See pages 13-14 for more information on getting a lawyer.) If you cannot afford a lawyer, approach the relevant organisations for free or subsidised legal counselling services. (See pages 19-21.) You may have to meet eligibility conditions to qualify for help.



## FINDING A PLACE TO LIVE

One of the first things on your mind must be to find a place to live, so that you and your children have a place to call home.

### What are some of the housing schemes that apply to me?

The **Public Scheme** allows Singapore Citizen families, including widowed or divorced citizens who are at least 21 years old and with children under their legal custody, to form a family nucleus for purchasing an HDB flat. The eligible applicant can buy a flat direct from HDB, a resale flat in the open market, or a resale flat under the CPF Housing Grant Scheme. For purchase of a flat direct from HDB or a resale flat under the CPF Housing Grant Scheme, the applicant must meet eligibility conditions such as non-ownership of private property and a monthly household income not exceeding \$8,000. The applicant must also not have acquired or disposed of a private residential property within 30 months before the date of application or between the date of application and the date of completion of the purchase.

The CPF Housing Grant Scheme allows first-timer Citizens families, including widowed or divorced persons who are at least 21 years old and with children under their legal custody, to obtain a housing grant as financial assistance when they buy a resale flat in the open market. Applicants who meet the housing grant eligibility conditions can make use of the CPF housing grant for the initial downpayment or to reduce the mortgage loan quantum.

First-timers are those who are currently not owners of, or have not previously sold subsidised flats. Eligible first-timer Citizen families can apply for the Family Grant of \$30,000. If you are buying a resale flat to live near your parents, you may apply for the Family Grant of \$40,000.



### **What if I cannot afford to buy a flat?**

Under the **Public Rental Scheme**, families including widowed or divorced persons who are at least 21 years old and with children under their legal custody, with a monthly household income of \$1,500 and below can rent a one- or two-room HDB flat at subsidised rates. The scheme seeks to help families who cannot afford to own HDB flats. You must be a Singapore Citizen to apply. At least one other occupier must be either a Singapore Citizen or Permanent Resident.

The applicant and all the persons listed in the application must not own, or have an estate or interest in a private property (whether residential or otherwise including private property outside Singapore), HDB flat, HUDC flat, Executive Condominium, house, building or land; or have disposed of such property within 30 months prior to the date of application. The applicant and all the persons listed in the application must also not have owned or sold two HDB flats bought directly from HDB in the open market and must not be existing tenants/essential occupiers of HDB flats.

Families who are not eligible to rent a flat from HDB can consider renting one from the open market.

### **What will happen to the flat if my spouse dies?**

If there is a change in the household structure due to a death, the remaining family members will be allowed to keep the flat without having to maintain a family nucleus as defined by HDB. But you must still meet some basic requirements.

Call the respective branch offices managing your estate if you have any questions. (To contact the HDB, turn to page 29.)



## LOOKING FOR A JOB

In many single-parent families, the single parent is the key provider. If you are not working, you may need to find a job - even two - to support your family.

### I need a job to support my family. Where can I go to look for a job?

Various agencies, including the CDC in your district, provide a range of employment services. (See agencies listed on pages 26-27.) They include job search and placement, job-matching, as well as advice and support on training. CDCs also occasionally organise job fairs. These fairs bring together companies looking for workers and people looking for jobs.

If you can sew, bake or have other expertise, you can make a living from home. Several social service agencies provide training to those who are keen to start their own business at home.

The HDB and Urban Redevelopment Authority (URA) also allow homeowners to conduct small-scale businesses in their homes through the following schemes:

- The **Home-based Small Scale Business** scheme allows sewing, private tuition and small-scale home baking to be done within homes if the residents can comply with the guidelines.

You do not need to get approval from HDB and URA, as long as you comply with the guidelines of the scheme.

- Under the **Home Office** scheme, a part of the home can be used to conduct a small-scale business with a maximum of two non-residents hired for it. The business must comply with a list of guidelines, and should not cause disturbance to the neighbours or fall within the list of negative uses.

You must seek approval from HDB (for HDB flat owners) and URA (for executive condominium and private property owners).

Approach the HDB or URA for help. (For details on these schemes and the agencies that provide skills training for home-based businesses, turn to page 28.)



## MAKING CARE ARRANGEMENTS FOR YOUR CHILD

As a single parent, one of your greatest challenges is juggling work while ensuring that your children are well taken care of. If you plan to get a job and need someone to care for your children, you may want to consider alternative childcare options.



### What are the childcare arrangements available?

There are several options, depending on the age of your children:

- **Family Day Care Services** are for infants and toddlers who require more individual care and attention. It is a more formalised version of the traditional home-based nanny and baby-sitting services. You can work out the timing with the caregiver.
- **Childcare Centres** admit children from 18 months onwards, while some also care for infants and children aged from two to 18 months. These centres run full- and half-day care programmes to give preschoolers effective early education. Childcare Centres usually open from 7am to 7pm.
- **Student Care Centres** are for school-going children between seven and 14 years old who do not have anyone to mind them at home before or after school. At these centres, children are fruitfully occupied while you are at work. Student Care Centres operate in two sessions: 7.30am or earlier to 12pm or later, and 1pm or earlier to 6.30pm or later.

### Can I get any help to pay the fees?

Yes, there are several schemes you can turn to:

- **Government childcare subsidy** applies if your child is a Singaporean or Permanent Resident and among the 1st to the 4th child in your family, and placed in a registered Childcare Centre. If you are working, the subsidy is \$150 a month for full-day care or \$75 a month for half-day care. If you are not working, the subsidy is \$75 a month for both full-day and half-day care.
- **Centre-based Financial Assistance Scheme for Childcare (CFAC)** helps low-income families, in addition to the Government childcare subsidy. If approved, you can receive an additional subsidy so that you pay even lower fees.
- **Student Care Fee Assistance (SCFA)** is for low-income families with older children attending student care centres.

Ask or apply for assistance at your child's childcare and student care centres.

## CUSTODY AND ACCESS

The children will feel the impact of the divorce and living in a single-parent family can hurt them. To cushion the blow, it is important to work out a custodial arrangement both you and your ex-spouse are happy with. This will make the change easier for your children.



**What does "getting custody, care and control" of my child mean? Who can get "custody, care and control" of my child? What is the difference between "custody" and "access"?**

Having **custody** means that you will have the responsibility of making major decisions in the child's life, such as education, medical treatment and religious upbringing of the child. Either you or your spouse may have sole custody of your child. Alternatively, you and your spouse may have **joint custody** of your child. This means that you and your spouse will have to make joint decisions on the major issues in your child's life.

Although both parents may have joint custody, usually only one parent will have **care and control**. Having care and control means that the child will live with you, and you have the responsibility of making the day-to-day decisions that affect the child's life, such as what time he goes to bed at night. Sometimes, care and control of the child may be given to a person who is not the child's parent, such as a grandmother or aunt.

**Access** is when the non-custodial parent (the parent who does not stay with the children) gets to see the child.

**My ex-spouse isn't letting me see my children even though there is a court order to let me do so. What can I do?**

It is important for you and your ex-spouse not to involve your children in your personal conflicts. Try to talk things over with your ex-spouse. If you have trouble getting through to him or her, approach a counsellor for help. (See Counselling services listed on pages 16-18.)

You could also consult a lawyer on the legal steps you can take. (See pages 13-14 for information on getting a lawyer.) If you cannot afford a lawyer, go for subsidised or free legal counselling services. (See pages 19-21.)

**The court has granted me/my ex-spouse access to the children, but the children don't want to see me/my ex-spouse. However, both of us want the children to go for access. What can we do?**

You cannot force your children to be happy about seeing the access parent. But you can try to repair the relationship between the access parent and the children. Both parents can seek a counsellor's help to understand how your children may be feeling and how to help them adjust. The custodial parent can facilitate access by actively encouraging the children to meet the other parent. You can also get them to meet a counsellor who will talk to them and help them deal with the divorce. (See Counselling services listed on pages 16-18.)

## GETTING A LAWYER

When you ask someone to be your lawyer, he will give you professional advice and represent you in legal matters. The information given by you to your lawyer is confidential and may only be shared with your consent. While your lawyer's main duty is to protect your interest, he is also an officer of the Court. This means that he must not mislead the Court or help you in any way to break the law.



### **How do I look for a lawyer?**

The Law Society of Singapore publishes a directory containing the names, addresses and other information of all practising lawyers in Singapore every year. This directory can be bought from the Law Society's Secretariat or from major bookstores. You can also get a list of lawyers online at the Law Society's website at <http://www.lawsociety.org.sg> However, the Law Society does not recommend lawyers to you.

A list of lawyers can also be found in the Yellow Pages of the telephone directory. You can also ask your friends or colleagues to recommend a lawyer.

### **What do I need to do when I first contact a lawyer?**

If your first contact with your lawyer is by telephone, inform him of your reason for consulting him and then make an appointment to see him.

Before the meeting, write down all the questions you may want to ask your lawyer. Bring along with you all the relevant documents to the meeting and give him all the necessary information.

Do not be afraid to ask your lawyer questions. If you wish, also ask him about the amount of work involved and how long your case will take. Remember that your lawyer is there to help you.

### How much are the legal fees?

Generally, the fees depend on the amount of work done for you, the time taken and the difficulty of the legal issues involved. In some cases, the legal fees payable by you are fixed by law, for example, in the buying and selling of houses.

It is common for a lawyer to ask you to place a deposit with him before he begins work on your behalf. You should always ask for a receipt for any money given by you to your lawyer.

Always feel free to discuss the question of fees with your lawyer. This will avoid any misunderstanding. If you are unhappy with the fees charged to you, discuss the matter with your lawyer first. If the matter cannot be resolved, ask your lawyer to arrange for his bill to be taxed, that is, decided by the Court.

### What if I can't afford a lawyer?

If that is the case, apply to the Legal Aid Bureau for help. You may also approach the relevant agencies for free or subsidised legal advice. (See pages 19-21.) You may have to satisfy some conditions to qualify for legal aid.

### What if I am unhappy with my lawyer's services?

If you are unhappy with the services provided by your lawyer, you should try to speak with him first to let him know why you are unhappy. Sometimes, your lawyer cannot do what you ask of him because he is not allowed to do so by law or by his professional ethics. If you feel that your lawyer has not given you a sufficient explanation after speaking to him, you may wish to consider changing lawyers. If you feel that your lawyer has not acted professionally, you may write to the Law Society of Singapore (see page 22) to ask for assistance.



## MOVING ON ...

While the divorce or death you went through is hard to bear, there comes a time when you must move on. The next phase of your life holds promise too.

A single parent shares her experiences:

My jagged journey continues and I've learnt that...

When a couple chooses to break their marriage vow, it is not a failure in life, but part of growing and learning in an imperfect world. See this as the next phase in your life: a new beginning filled with fresh hopes and endless learning, and one where your heart yearns to be loved again.



It has been more than 13 years since my ex left our two young children and me. Life was very tough, as we had to struggle with the many changes and the social stigma. From the many support programmes for adults and children by HELP FSC and other organisations, we were able to pick ourselves up as one united family. We have emerged from unhappy to happy again and have found that a family can still be complete without one parent.

Respect and acceptance between my in-laws and myself have enabled us to rebuild bridges and allow my children a wholesome relationship with their grandparents. We still partake in the yearly traditional celebrations. When my mother-in-law passed away last year, she left behind many memories for my children.

I have also met many fellow travellers along this journey, many of whom have become my good friends over the past decade. Some have gone on to another marriage; others continue on this path. It is an incredible journey and one that though still jagged, grows smoother with the passing of years.

Sometimes it takes a crisis to bring us closer and appreciate what life has in store for us. In Dec 04, I watched with horror on TV how countless lives were swept away and millions made homeless when the tsunami hit Asia. It could have happened to us as we were in Phuket for a holiday two weeks prior to the disaster. It dawned on me that my little setback in life cannot be compared to the immense losses of those who suffered.

- Single and happy mum

## ANNEX - FAMILY COUNSELLING SERVICES

These are some of the agencies you can call if you wish to speak to a counsellor to help you get over your emotional difficulties or talk to your children about the divorce.

### Family Service Centres

The National Family Service Centre hotline - connects you to the Family Service Centre nearest you Tel: 1800-838 0100 or 1800-CALL FSC

FAMILY SERVICE CENTRE	ADDRESS	TEL	EMAIL/WEBSITE
Asian Women's Welfare Association Family Service Centre	Blk 107 Towner Rd #01-356 Singapore 321107	6291 1712	fsc@awwa.org.sg www.awwa.org.sg/fsc
Bukit Ho Swee Family Service Centre	Blk 5 Delta Ave #01-09 Singapore 160005	6274 2646	mail@beyond.org.sg www.beyond.org.sg
Care Corner Family Service Centre (Admiralty)	Blk 718 Woodlands Ave 6 #01-658 Singapore 730718	6365 8751	am.fsc@carecorner.org.sg www.carecorner.org.sg/familycc.html
Care Corner Family Service Centre (Queenstown)	Blk 107 Commonwealth Crescent #01-230 Singapore 140107	6476 1481	qt.fsc@carecorner.org.sg www.carecorner.org.sg/familycc.html
Care Corner Family Service Centre (Toa Payoh)	Blk 158 Toa Payoh Lor 1 #01-1522 Singapore 310158	6356 1622	tp.fsc@carecorner.org.sg www.carecorner.org.sg/familycc.html
Care Corner Family Service Centre (Woodlands)	Blk 345 Woodlands St 32 #01-198 Singapore 730345	6362 2481	wl.fsc@carecorner.org.sg www.carecorner.org.sg/familycc.html
Covenant Family Service Centre	Blk 613 Hougang Ave 8 #01-432 Singapore 530613	6282 8558	admin@covenant.mws.org.sg www.covenantfsc.mws.org.sg
Daybreak Family Service Centre (Yishun)	Blk 855 Yishun Ring Rd #01-3539 Singapore 760855	6756 4995	admin@daybreak.mws.org.sg www.mws.org.sg
Fei Yue Family Service Centre (Bukit Batok)	Blk 185 Bukit Batok West Ave 6 #01-187 Singapore 650185	6569 0381	admin@fyics.org www.fyics.org
Fei Yue Family Service Centre (Choa Chu Kang)	Blk 280 Choa Chu Kang Ave 3 #01-360/362 Singapore 680280	6762 5215	admin@fyics.org www.fyics.org
Fei Yue Family Service Centre (Yew Tee)	Blk 604 Choa Chu Kang St 62 #01-53 Singapore 680604	6416 2162	admin@fyics.org www.fyics.org

FAMILY SERVICE CENTRE	ADDRESS	TEL	EMAIL/WEBSITE
Hougang Sheng Hong Family Service Centre	Blk 237 Hougang St 21 #01-406 Singapore 530237	6289 5022	fsc@shenghong.org.sg
Kampong Kapor Family Service Centre	Blk 2 Kitchener Road #03-89 Singapore 200002	6299 7662	admin@kamponggapor.mws.org.sg www.mws.org.sg
Lakeside Family Service Centre (Jurong East)	Blk 302 Jurong East St 32 #01-22 Singapore 600302	6564 9722	lfcje@starhub.net.sg www.lakeside.org.sg
Lakeside Family Service Centre (Jurong West)	Blk 516 Jurong West St 52 #01-73 Singapore 640516	6567 1908	lfcjw@starhub.net.sg www.lakeside.org.sg
MacPherson Moral Family Service Centre	Blk 91 Paya Lebar Way #01-3023 Singapore 370091	6741 4255	mmfsc@thkms.org.sg www.thkms.org.sg
Marine Parade Family Service Centre	Blk 53 Marine Terrace #01-227 Singapore 440053	6445 0100	contact@mpfsc.org.sg www.mpfsc.org.sg
Moral Family Service Centre (Bedok North)	Blk 534 Bedok North St 3 #01-814 Singapore 460534	6449 9054 6449 1440	mfcscbn@thkms.org.sg www.thkms.org.sg
Moral Family Service Centre (Bukit Panjang)	Blk 139 Petir Road #01-448 Singapore 670139	6767 1740	mfcscbp@thkms.org.sg www.thkms.org.sg
Pasir Ris Family Service Centre	Blk 534 Pasir Ris Drive 1 #01-266 Singapore 510534	6581 2159	prfsc@pacific.net.sg www.goodnews.org.sg/prfsc/
PPIS-Jurong Family Service Centre	Blk 520 Jurong West St 52 #01-195 Singapore 640520	6561 3462	ppis_jurongfsc@pacific.net.sg www.ppisjurongfsc.com
Reach Family Service Centre	Blk 187 Bishan St 13 #01-475 Singapore 570187	6252 2566	contact@reachfsc.com www.reachfsc.com
Rotary Family Service Centre	Blk 346 Clementi Ave 5 #01-10 Singapore 120346	6779 9477	rfs@rotaryfoundationsing.org www.rotaryfoundationsing.org/fsc.html
SBL Vision Family Service Centre	Blk 946 Tampines Ave 4 #01-338 Singapore 520946	6544 2263	sbl@sblvisionfsc.org.sg www.sblvisionfsc.org.sg
Sembawang Family Service Centre	Blk 326 Sembawang Crescent #01-52 Singapore 750326	6754 7050 6754 2890	admin@sfsc.mws.org.sg www.mws.org.sg
Serangoon Moral Family Service Centre	Blk 238 Serangoon Ave 2 #01-47 Singapore 550238	6284 7123	smfsc@singnet.com.sg www.thkms.org.sg
SINDA Family Service Centre	1 Beatty Road Singapore 209943	6393 7260 6295 4554	sharminee@sinda.org.sg www.sinda.org.sg/programmes/family.htm
Tampines Family Service Centre	Blk 470 Tampines St 44 #01-194 Singapore 520470	6787 2001	admin@tampines.mws.org.sg www.mws.org.sg
Tanjong Pagar Family Service Centre	Blk 18 Jln Membina #04-01 Singapore 164018	6270 6711	tpfsc@thkms.org.sg www.thkms.org.sg

FAMILY SERVICE CENTRE	ADDRESS	TEL	EMAIL/WEBSITE
The Ang Mo Kio Family Service Centre (Cheng San)	Blk 445 Ang Mo Kio Ave 10 #01-1647 Singapore 560445	6454 6678	amkcsfsc@starhub.net.sg www.amkfsc.org.sg
The Ang Mo Kio Family Service Centre (Sengkang)	Blk 223D Compassvale Road #01-673 Singapore 544223	6312 8100	amkcsfsc@starhub.net.sg www.amkfsc.org.sg
TRANS Centre (Bedok)	Blk 411 Bedok North Ave 2 #01-106 Singapore 460411	6449 0762	transbd@starhub.net.sg www.transcentre.org.sg
TRANS Centre (Bukit Timah)	Blk 1 Toh Yi Drive #01-143 Singapore 591501	6466 2287	transbt@singnet.com.sg www.transcentre.org.sg
Whispering Heart Family Service Centre	Blk 646 Jurong West St 61 #01-142 Singapore 640646	6795 1008	whfsc@viriya.org.sg www.viriya.org.sg/whfsc.html
Yishun Family Service Centre	Blk 110 Yishun Ring Road #01-233 Singapore 760107	6753 7331	info@childrensociety.org.sg www.childrensociety.org.sg/social.html#com

### Other Family Support Centres

AGENCY	ADDRESS	TEL	EMAIL/WEBSITE
As-Salaam PPIS Family Service Centre	Blk 322, Ubi Ave 1, #01-591 Singapore 400322	6745 5862	nc0044f@starhub.net.sg www.ppisywma.com/english/assalam2.htm
HELP Family Service Centre	Blk 570, Ang Mo Kio Ave 3 #01-3317 Singapore 560570	6457 5188	enquiry@helpfsc.org.sg www.helpfsc.org.sg

Also, if your child needs someone to talk to, encourage him to call:

#### **Tinkle Friends hotline**

(For children aged 7-12 years)

Tel: 1800-274 4788

## ANNEX - LEGAL COUNSELLING SERVICES

These are some of the agencies that provide free legal advice at certain times of the month. Some services are only for people who cannot afford to pay. Each agency sets its own eligibility criteria. Please call the centres to find out more.

### Family Service Centres

Apart from the FSCs listed below, you may also call the FSC Helpline at 1800-8380100 or 1800-CALL FSC to find out whether the FSC nearest your home provides such services.

FAMILY SERVICE CENTRE	ADDRESS	TEL	EMAIL/WEBSITE
Care Corner Family Service Centre (Toa Payoh)	Blk 158 Toa Payoh Lorong 1 #01-1522 Singapore 310158	6356 1622	tp.fsc@carecorner.org.sg www.carecorner.org.sg/familycc.html
Care Corner Family Service Centre (Woodlands)	Blk 345 Woodlands St 32 #01-198 Singapore 730345	6362 2481	wl.fsc@carecorner.org.sg www.carecorner.org.sg/familycc.html
Fei Yue Family Service Centre	Blk 280 Choa Chu Kang Ave 3 #01-187 Singapore 650185	6762 5215	admin@fycs.org www.fycs.org
Lakeside Family Service Centre (Jurong East)	Blk 302 Jurong East St 32 #01-22 Singapore 600302	6564 9722	lfcje@starhub.net.sg www.lakeside.org.sg
MacPherson Moral Family Service Centre	Blk 91 Paya Lebar Way #01-3023 Singapore 370091	6741 4255	mmfsc@thkms.org.sg www.thkms.org.sg
PPIS-Jurong Family Service Centre	Blk 520 Jurong West St 52 #01-195 Singapore 640520	6561 3462	ppis_jurongfsc@pacific.net.sg www.ppisjurongfsc.com
SINDA Family Service Centre	1 Beatty Road Singapore 209943	6393 7260	sharminee@sinda.org.sg www.sinda.org.sg/programmes/family.htm
Tanjong Pagar Family Service Centre	Blk 18 Jln Membina #04-01 Singapore 164018	6270 6711	tpfsc@thkms.org.sg www.thkms.org.sg

## Community Centres/Clubs

These are located in different zones across the island.

CENTRES/CLUBS	ADDRESS	TEL
<b>Central Singapore</b>		
Bishan CC	51 Bishan Street 13 Singapore 579799	6259 4720
Cheng San CC	6 Ang Mo Kio Street 53 Singapore 569205	6458 8222
Jalan Besar CC	69 Jellicoe Road Singapore 208737	6298 6110
Kim Seng CC	570 Havelock Road Singapore 169640	6272 3878
Radin Mas CC	1 Telok Blangah Crescent Singapore 098915	6273 5294
Henderson CC	500 Bukit Merah View Singapore 159682	6272 1900
Tanjong Pagar CC	101 Cantonment Road Singapore 089774	6221 9898
Toa Payoh Central CC	93 Toa Payoh Central Singapore 319914	6252 1249
<b>North East</b>		
Aljunied CC	Blk 110 Hougang Avenue 1 #01-1048 Singapore 530110	6288 5578
Eunos CC	180 Bedok Reservoir Road Singapore 479220	6448 6971
Pasir Ris East CC	1 Pasir Ris Drive 4, #01-08 Singapore 519457	6584 2798
Rivervale CC	Blk 193 Rivervale Drive #01-787 Singapore 540193	6312 0470
Tampines Changkat CC	13 Tampines Street 11 Singapore 529453	6781 1806
Tampines East CC	10 Tampines Street 23 Singapore 529341	6786 3227
<b>North West</b>		
ACE The Place CC	Blk 547 Woodlands Drive 16 #01-177 Singapore 730547	6891 3430
Chong Pang CC	21 Yishun Ring Road Singapore 768677	6758 8258
Ulu Pandan CC	170 Ghim Moh Road #01-01 Ulu Pandan Community Building Singapore 279621	6446 7079 6469 3154 6463 7333
Woodlands CC	1 Woodlands Street 81 Singapore 738526	6368 9938
<b>South East</b>		
Fengshan CC	20 Bedok North Street 2 Singapore 469644	6449 5136
Marine Parade CC	278 Marine Parade Road Singapore 449282	6346 4900
Mountbatten CC	35 Jalan Satu Singapore 399479	6344 7387 6344 5768
The Serangoon	10 Serangoon North Avenue 2 Singapore 555877	6284 4137 6285 6264
Siglap CC	300 Bedok South Avenue 3 Singapore 469299	6449 5462

CENTRES/CLUBS	ADDRESS	TEL
<b>South West</b>		
Ayer Rajah CC	150 Pandan Gardens Singapore 609335	6560 9983
Chua Chu Kang CC	35 Teck Whye Avenue Singapore 688892	6762 5251
Clementi CC	220 Clementi Avenue 4 Singapore 129880	6778 1950
Gek Poh Ville CC	1 Jurong West Street 74 Singapore 649149	6792 0095
Jurong Green CC	6 Jurong West Avenue 1 Singapore 649520	6567 1374
Jurong Spring CC	8 Jurong West Street 52 Singapore 649296	6562 4066
Nanyang CC	60 Jurong West Street 91 Singapore 649040	6791 0395
Telok Blangah CC	450 Telok Blangah Street 31 Singapore 108943	6271 9602

**You can also check with the community centre nearest your home if it provides such services.**

### **Legal Clinic**

#### **Family Court**

3 Havelock Square  
Singapore 059725

**Tel:** 6435 5110 (Level 1)

**Email:** [subct\\_family\\_registry@subct.gov.sg](mailto:subct_family_registry@subct.gov.sg)

**Website:** [www.familycourtofsg.gov.sg](http://www.familycourtofsg.gov.sg)

#### **Legal Aid Bureau**

URA Centre, East Wing  
45 Maxwell Road  
#08-12 Singapore 069118

**Tel:** 1800-325 1424

**Email:** [mLaw\\_lab\\_enquiry@minlaw.gov.sg](mailto:mLaw_lab_enquiry@minlaw.gov.sg)

**Website:** [app.minlaw.gov.sg/lab/](http://app.minlaw.gov.sg/lab/)

#### **Registration hours:**

Mon to Fri - 8.30am to 12.30pm; 2pm to 5pm

Sat - 8.30am to 12.30pm

#### **Jamiyah Muslim Missionary Society**

31 lorong 12 Geylang  
Singapore 399006

**Tel:** 6743 1211

**Email:** [info@jamiyah.org.sg](mailto:info@jamiyah.org.sg)

**Website:** [www.jamiyah.org.sg/Legal.asp](http://www.jamiyah.org.sg/Legal.asp)

## ANNEX - LEGAL INSTITUTIONS AND ORGANISATIONS

### Family Court

3 Havelock Square Singapore 059725

**Tel:** 6435 5475

**E-mail:** [subct\\_family\\_registry@subct.gov.sg](mailto:subct_family_registry@subct.gov.sg)

**Website:** [www.familycourtofsingapore.gov.sg](http://www.familycourtofsingapore.gov.sg)

(For Frequently Asked Questions about Divorce and Ancillary matters and to download relevant application forms)

### Syariah Court

Ministry of Community Development, Youth and Sports (MCYS) Building

512 Thomson Road

Singapore 298136

**Toll-free:** 1800-258 5378

**Website:** [www.syariahcourt.gov.sg](http://www.syariahcourt.gov.sg)

### The Law Society of Singapore

39 South Bridge Road Singapore 058673

**Tel:** 6538 2500

**E-mail:** [lawsoc@lawsoc.org.sg](mailto:lawsoc@lawsoc.org.sg)

**Website:** [www.lawsociety.org.sg](http://www.lawsociety.org.sg)

### The Legal Aid Bureau

URA Centre, East Wing

45 Maxwell Road

#08-12 Singapore 069118

**Tel:** 1800-325 1424

**E-mail:** [mlaw\\_lab\\_enquiry@minlaw.gov.sg](mailto:mlaw_lab_enquiry@minlaw.gov.sg)

**Website:** [app.minlaw.gov.sg/lab/](http://app.minlaw.gov.sg/lab/)

## ANNEX - UTILITIES AND RENT AID

These are some agencies that can help needy households and advise them on schemes or alternative payment plans for their rent, utilities, and Service and Conservancy charges.

### Rental and Mortgage

HDB Hub  
480 Lorong 6 Toa Payoh  
Singapore 310480  
Tel: 6490 1111  
Website: <http://www.hdb.gov.sg>

### HDB Branch Offices

BRANCH OFFICE	ADDRESS	FAX	EMAIL
Ang Mo Kio	Blk 715 Ang Mo Kio Ave 6 #02-4002 S 560715	6458 4450	bamadmin@hdb.gov.sg
Balestier	Blk 80 Lorong Limau #01-191 S 320080	6253 0224	bbaadmin@hdb.gov.sg
Bukit Batok	Blk 630 Bukit Batok Central #01-144 S 650630	6567 4116	bbbadmin@hdb.gov.sg
Bedok	Blk 201A Bedok North St 1 #01-563 S 461201	6444 1644	bbdadmin@hdb.gov.sg
Bishan	Blk 512 Bishan St 13 #01-524 S 570512	6353 6163	bbiadmin@hdb.gov.sg
Bukit Merah	Blk 166 Bukit Merah Central #03-3529 S 150166	6272 0219	bbmadmin@hdb.gov.sg
Buona Vista	Blk 36 Holland Drive #01-395 S 270036	6775 3319	bbuadmin@hdb.gov.sg
Clementi	Blk 453 Clementi Ave 3 S 120453	6775 3604	bcladmin@hdb.gov.sg
Chin Swee	Blk 54 Chin Swee Road #01-23 S 160054	6532 7922	bcsadmin@hdb.gov.sg
Choa Chu Kang	Blk 309 Choa Chu Kang Ave 4 #07-01 Choa Chu Kang Centre S 680309	6310 0725	bckadmin@hdb.gov.sg
Geylang	Blk 118 Aljunied Ave 2 #03-100 S 380118	6744 8279	bgeadmin@hdb.gov.sg
Hougang	814 Hougang Ave 10 #01-500 S 530814	6387 3775	bhgadmin@hdb.gov.sg
Yishun	Blk 934 Yishun Central 1 #03-51 S 760934	6752 4556	binadmin@hdb.gov.sg
Pasir Ris	Blk 443 Pasir Ris Drive 6 #02-02 S 510443	6581 0708	bpradmin@hdb.gov.sg
Queensway	Blk 46 Commonwealth Drive S 143046	6479 6554	bqxadmin@hdb.gov.sg
Sembawang	355 Sembawang Way S 750355	6752 0738	bswadmin@hdb.gov.sg
Sengkang	Blk 118 Rivervale Drive #02-01 Rivervale Plaza S 540118	6388 4438	bskadmin@hdb.gov.sg
Sims Drive	Blk 61 Sims Drive #01-130 S 380061	6744 8205	bsdadmin@hdb.gov.sg
Tampines	Blk 510 Tampines Central 1 #01-250 S 520510	6785 0100	btmadmin@hdb.gov.sg
Toa Payoh	Blk 190 Lorong 6 Toa Payoh #04-510 S 310190	6259 6057	btpadmin@hdb.gov.sg
Jurong East	Blk 255 Jurong East St 24 #02-303 S 600255	6563 0947	bueadmin@hdb.gov.sg
Jurong West	Blk 518A Jurong West St 52 S 641518	6569 9151	buwadmin@hdb.gov.sg
Pioneer Service Centre	Blk 638 Jurong West Street 61 #02-01 S 640638		
Woodlands	900 South Woodlands Drive #03-01 Woodlands Civic Centre S 730900	6894 0225	bwladmin@hdb.gov.sg

## **Utilities**

### **SP Services Ltd**

**Tel:** 1800-235 6841

**Email:** [spservices@singaporepower.com.sg](mailto:spservices@singaporepower.com.sg)

**Website:** [www.spservices.com.sg](http://www.spservices.com.sg)

### **Customer Service Centre (HQ)**

111 Somerset Road

#01-10 Singapore Power Building

S 238164

### **Customer Service Centre (Woodlands)**

900 South Woodlands Drive

#02-06 Woodlands Civic Centre

S 730900

## Service and Conservancy

### Town Councils

For CDCs, approach the correct one in your district.

### Community Development Councils (CDCs)

CDC	Address	Tel	Email
Central Singapore CDC	<b>Main office</b> HDB Hub BizThree Blk 490 Lorong 6 Toa Payoh #04-10 S 310490	6370 9901	feedback@centralsingapore.org.sg www.centralsingapore.org.sg
	Service @ Central (Bukit Merah) Bukit Merah Community Centre 4000 Jalan Bukit Merah S 159465		
	Service @ Central (Yio Chu Kang) Yio Chu Kang Community Club 50 Ang Mo Kio Street 61 S 569163		
North East CDC	3 Tampines Grande #01-02 AIA Tampines S 528799	6424 4000	ask@northeast.org.sg www.northeast.org.sg
North West CDC	900 South Woodlands Drive #01-04 Woodlands Civic Centre S 730900	6767 2288	www.northwestcdc.org.sg You can send your question through the website.
	170 Ghim Moh Road #06-01 Ulu Pandan Community Building S 279621	6463 3626	
South East CDC	10 Eunos Road 8 #02-01 S 408600	6243 8753	southeast_cdc@pa.gov.sg www.southeastcdc.org.sg
South West CDC	Community Development Council The JTC Summit 8 Jurong Town Hall Road #26-06 S 609434	1800 316 1616	feedback@swcdc.org.sg www.southwestcdc.org.sg
	Jurong Service Centre Blk 509 Jurong West St 51 #01-159 S 640509	6899 5322	
	Hong Kah Service Centre Yew Tee Community Club 20 Choa Chu Kang Street 52 #03-01 S 689286	6314 6522	
	West Coast Service Centre No 2 Clementi West Street 2 #02-01 S 129605	6773 9220	

## ANNEX - FINANCIAL AND JOB AID

These are some of the agencies you can approach for help to find a job. Some of these agencies also give financial aid (if you qualify).

### Community Development Councils (CDCs)

CDC	Address	Tel	Email
Central Singapore CDC	<p>Main office HDB Hub BizThree Blk 490 Lorong 6 Toa Payoh #04-10 S 310490</p> <p>Service @ Central (Bukit Merah) Bukit Merah Community Centre 4000 Jalan Bukit Merah S 159465</p> <p>Service @ Central (Yio Chu Kang) Yio Chu Kang Community Club 50 Ang Mo Kio Street 61 S 569163</p>	6370 9901	feedback@centralsingapore.org.sg www.centralsingapore.org.sg
North East CDC	3 Tampines Grande #01-02 AIA Tampines S 528799	6424 4000	ask@northeast.org.sg www.northeast.org.sg
North West CDC	<p>900 South Woodlands Drive #01-04 Woodlands Civic Centre S 730900</p> <p>170 Ghim Moh Road #06-01 Ulu Pandan Community Building S 279621</p>	<p>6767 2288</p> <p>6463 3626</p>	<p>www.northwestcdc.org.sg You can send your question through the website</p>
South East CDC	10 Eunos Road 8 #02-01 S 408600	6243 8753	southeast_cdc@pa.gov.sg www.southeastcdc.org.sg
South West CDC	<p>Community Development Council The JTC Summit 8 Jurong Town Hall Road #26-06 S 609434</p> <p>Jurong Service Centre Blk 509 Jurong West St 51 #01-159 S 640509</p> <p>Hong Kah Service Centre Yew Tee Community Club 20 Choa Chu Kang Street 52 #03-01 S 689286</p> <p>West Coast Service Centre No 2 Clementi West Street 2 #02-01 S 129605</p>	<p>1800 316 1616</p> <p>6899 5322</p> <p>6314 6522</p> <p>6773 9220</p>	<p>feedback@swcdc.org.sg www.southwestcdc.org.sg</p>

## Self-help groups

SELF-HELP GROUP	ADDRESS	TEL	EMAIL/WEBSITE
Chinese Development Assistance Council (CDAC)	65 Tanjong Katong Road S 436957	6841 4889	feedback@cdac.org.sg
Yayasan MENDAKI	51 Kee Sun Avenue S 457056	6245 5710	www.mendaki.org.sg You can send your question through the website
Singapore Indian Development Association (SINDA)	No. 1 Beatty Road S 209943	1800 295 4554 (Helpline)	feedback@sinda.org.sg www.sinda.org.sg
The Eurasian Association	715/717 Mountbatten Road S 437737	6447 1578	www.eurasian.org
Association of Muslim Professionals (AMP)	1 Pasir Ris Drive 4 #05-11 S 519457	6416 3966	www.amp.org.sg You can send your question through the website

## Other Agencies

AGENCY	ADDRESS	TEL	EMAIL/WEBSITE
Majlis Ugama Islam Singapura (MUIS)	273 Braddell Road S 579792	6359 1442	www.muis.gov.sg You can send your question through the website
CareerLink@NTUC & WDA	1 Marina Boulevard #B1-03 S 018989	6883 5885	careerlink@ntuc.org.sg ele.ecitizen.gov.sg/emp/emp0203.htm

## ANNEX - HOME-BASED WORK

These are some agencies that you can contact on the different types of work-at-home business you can set up and skills training for such businesses:

### Home-based businesses

**HDB Branch Office Service Line:** 1800-225 5432

For more information on the Home-Based Small Scale Business Scheme and Home Office Scheme, you may refer to "HDB Living/Flat ownership Info/Lease and Tenancy of Flats/Use of HDB Flats for Business" section of the board's InfoWEB.

**Website:** <http://www.hdb.gov.sg>

**URA Customer Service Hotline:** 6223 4811

### Skills Training

AGENCY	ADDRESS	TEL	EMAIL/WEBSITE
As-Salaam PPIS Family Support Centre	Blk 322, Ubi Ave 1 #01-591 S 400322	6745 5862	nc0044f@starhub.net.sg <a href="http://www.ppis-ywma.com/english/assalam2.htm">www.ppis-ywma.com/english/assalam2.htm</a>
PPIS-Jurong Family Service Centre	Blk 520 Jurong West St 52 #01-195 S 640520	6561 3462	ppis_jurongfsc@pacific.net.sg <a href="http://www.ppisjurongfsc.com">www.ppisjurongfsc.com</a>
Chinese Development Assistance Council (CDAC)	65 Tanjong Katong Road S 436957	6841 4889	feedback@cdac.org.sg <a href="http://www.cdac.org.sg">www.cdac.org.sg</a>
Yayasan MENDAKI	51 Kee Sun Avenue S 457056	6245 5710	<a href="http://www.mendaki.org.sg">www.mendaki.org.sg</a> You can send your question through the website
Singapore Indian Development Association (SINDA)	No. 1 Beatty Road S 209943	1800 295 4554	feedback@sinda.org.sg <a href="http://www.sinda.org.sg">www.sinda.org.sg</a>
The Eurasian Association	715/717 Mountbatten Road S 437737	6447 1578	<a href="http://www.eurasian.org">www.eurasian.org</a>
Association of Muslim Professionals (AMP)	1 Pasir Ris Drive 4 #05-11 S 519457	6416 3966	<a href="http://www.amp.org.sg">www.amp.org.sg</a> You can send your question through the website

## ANNEX - HOUSING ISSUES

### Housing and Development Board (HDB)

HDB Hub, 480 Lorong 6 Toa Payoh

Singapore 310480

Tel: 6490 1111

Sales/Resale Customer Service: 1800-866 3066

Website: [www.hdb.gov.sg](http://www.hdb.gov.sg)

Housing Town: [hsg.ecitizen.gov.sg](http://hsg.ecitizen.gov.sg)

E-mail: [HDBSales@hdb.gov.sg](mailto:HDBSales@hdb.gov.sg) (for direct purchase schemes)

[HDBResale@hdb.gov.sg](mailto:HDBResale@hdb.gov.sg) (for resale schemes)

[HDBRental@hdb.gov.sg](mailto:HDBRental@hdb.gov.sg) (for rental flat schemes)

### HDB Branch Offices

BRANCH OFFICE	ADDRESS	FAX	EMAIL
Ang Mo Kio	Blk 715 Ang Mo Kio Ave 6 #02-4002 S 560715	6458 4450	<a href="mailto:bamadmin@hdb.gov.sg">bamadmin@hdb.gov.sg</a>
Balestier	Blk 80 Lorong Limau #01-191 S 320080	6253 0224	<a href="mailto:bbaadmin@hdb.gov.sg">bbaadmin@hdb.gov.sg</a>
Bukit Batok	Blk 630 Bukit Batok Central #01-144 S 650630	6567 4116	<a href="mailto:bbbadmin@hdb.gov.sg">bbbadmin@hdb.gov.sg</a>
Bedok	Blk 201A Bedok North St 1 #01-563 S 461201	6444 1644	<a href="mailto:bbdadmin@hdb.gov.sg">bbdadmin@hdb.gov.sg</a>
Bishan	Blk 512 Bishan St 13 #01-524 S 570512	6353 6163	<a href="mailto:bbiadmin@hdb.gov.sg">bbiadmin@hdb.gov.sg</a>
Bukit Merah	Blk 166 Bukit Merah Central #03-3529 S 150166	6272 0219	<a href="mailto:bbmadmin@hdb.gov.sg">bbmadmin@hdb.gov.sg</a>
Buona Vista	Blk 36 Holland Drive #01-395 S 270036	6775 3319	<a href="mailto:bbuadmin@hdb.gov.sg">bbuadmin@hdb.gov.sg</a>
Clementi	Blk 453 Clementi Ave 3 S 120453	6775 3604	<a href="mailto:bcladmin@hdb.gov.sg">bcladmin@hdb.gov.sg</a>
Chin Swee	Blk 54 Chin Swee Road #01-23 S 160054	6532 7922	<a href="mailto:bcsadmin@hdb.gov.sg">bcsadmin@hdb.gov.sg</a>
Choa Chu Kang	Blk 309 Choa Chu Kang Ave 4 #07-01 Choa Chu Kang Centre S 680309	6310 0725	<a href="mailto:bckadmin@hdb.gov.sg">bckadmin@hdb.gov.sg</a>
Geylang	Blk 118 Aljunied Ave 2 #03-100 S 380118	6744 8279	<a href="mailto:bgeadmin@hdb.gov.sg">bgeadmin@hdb.gov.sg</a>
Hougang	814 Hougang Ave 10 #01-500 S 530814	6387 3775	<a href="mailto:bhgadmin@hdb.gov.sg">bhgadmin@hdb.gov.sg</a>
Yishun	Blk 934 Yishun Central 1 #03-51 S 760934	6752 4556	<a href="mailto:binadmin@hdb.gov.sg">binadmin@hdb.gov.sg</a>
Pasir Ris	Blk 443 Pasir Ris Drive 6 #02-02 S 510443	6581 0708	<a href="mailto:bpradmin@hdb.gov.sg">bpradmin@hdb.gov.sg</a>
Queensway	Blk 46 Commonwealth Drive S 143046	6479 6554	<a href="mailto:bqxadmin@hdb.gov.sg">bqxadmin@hdb.gov.sg</a>
Sembawang	355 Sembawang Way S 750355	6752 0738	<a href="mailto:bswadmin@hdb.gov.sg">bswadmin@hdb.gov.sg</a>
Sengkang	Blk 118 Rivervale Drive #02-01 Rivervale Plaza S 540118	6388 4438	<a href="mailto:bskadmin@hdb.gov.sg">bskadmin@hdb.gov.sg</a>
Sims Drive	Blk 61 Sims Drive #01-130 S 380061	6744 8205	<a href="mailto:bsdadmin@hdb.gov.sg">bsdadmin@hdb.gov.sg</a>
Tampines	Blk 510 Tampines Central 1 #01-250 S 520510	6785 0100	<a href="mailto:btmadmin@hdb.gov.sg">btmadmin@hdb.gov.sg</a>
Toa Payoh	Blk 190 Lorong 6 Toa Payoh #04-510 S 310190	6259 6057	<a href="mailto:btppadmin@hdb.gov.sg">btppadmin@hdb.gov.sg</a>
Jurong East	Blk 255 Jurong East St 24 #02-303 S 600255	6563 0947	<a href="mailto:bueadmin@hdb.gov.sg">bueadmin@hdb.gov.sg</a>
Jurong West	Blk 518A Jurong West St 52 S 641518	6569 9151	<a href="mailto:buwadmin@hdb.gov.sg">buwadmin@hdb.gov.sg</a>
Pioneer Service Centre	Blk 638 Jurong West Street 61 #02-01 S 640638		
Woodlands	900 South Woodlands Drive #03-01 Woodlands Civic Centre S 730900	6894 0225	<a href="mailto:bwladmin@hdb.gov.sg">bwladmin@hdb.gov.sg</a>

## ANNEX - CHILDCARE AND STUDENT CARE CENTRES

### Family Services Department

Ministry Of Community Development, Youth and Sports (MCYS)  
512 Thomson Road #10-00 MCYS Building  
Singapore 298136  
**Toll Free Line:** 1800-258 5812

You can search for Childcare Centres at:

**Family Town:** <http://www.familytown.gov.sg>

**Childcare Link:** <http://www.childcarelink.gov.sg>

### Family Day Care Services

FAMILY DAY CARE SERVICES	ADDRESS	TEL
Adelfibel Infant and Child Development Centre	Blk 435 Bukit Panjang Ring Road #01-653 S 670435	6767 9405
Cherie Hearts Child Development	46 Jalan Limau S 467905	6844 1310
Jenan Care & Development Centre	855 Mountbatten Road S 437839	67417 170
Joewe Playhouse & Educare	Blk 540 Serangoon North Avenue 4 #01-101 S 550540	6484 6806
NTUC Childcare Co-operative (at three branches)	Blk 70 Geylang Bahru #02-2719 S 330070	6391 9233
The Children Learning Centre (at five branches)	51 Bras Basah Road #08-04 Plaza By The Park S 189554	6344 6567

An updated list of Family Day Care Centres can be found at:

**MCYS website:** [www.mcys.gov.sg](http://www.mcys.gov.sg)

Student Care Centres can be located within the school premises or in the neighbourhood. You can search for student care centres at:

**MCYS website:** [www.mcys.gov.sg](http://www.mcys.gov.sg)

## ACKNOWLEDGEMENTS

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- Help Every Lone Parent (HELP) Family Service Centre
- As-Salaam PPIS Family Support Centre

**We would also like to thank our partners:**

- Family Court
- Syariah Court
- The Law Society of Singapore

Notes

