

JOIN OUR CERTIFIED THERAPISTS IN DISCOVERING\*:

# EMOTIONAL RESILIENCE.

SIGN UP FOR 6 SESSIONS OF TRANSFORMATIONAL SELF-DISCOVERY, AND CULTIVATE THE SKILLS YOU NEED TO BECOME THE VERY BEST VERSION OF YOURSELF!

Many of us go through life unaware - of the emotions we're really feeling, the things that trigger us negatively, and the boundaries we need.

Sign up to learn more about:

- Emotional Regulation Skills
- Managing your inner critical voice & negative thoughts
- Managing stressful triggers
- Understanding codependency
- Communicating boundaries in interpersonal relationships

...and more!

\*ALL SESSIONS WILL BE RUN IN ACCORDANCE WITH MOH SOCIAL DISTANCING GUIDELINES.

## Details:



Uni Students



18 Verdun Road,  
S207280, Level 3  
Cru Centre



Wednesdays from 7th July to 11th August

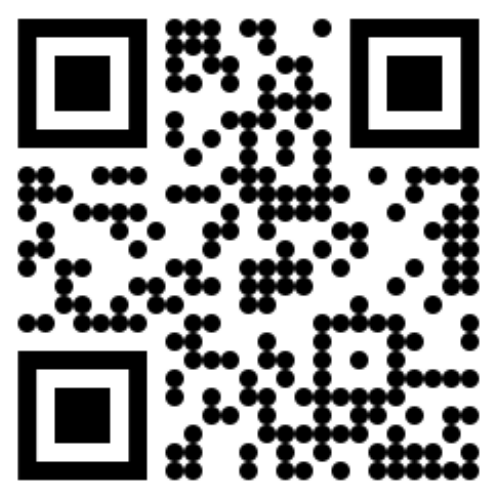
First Session (July 7th): 2-6pm

Subsequent Sessions: 7-10pm



Workshop Fee: \$60

Sponsorship is available upon request after registration



## SIGN UP NOW:

Visit: <https://cru.sg/ERTjourney>

← Or scan our QR code!  
Registration closes June 18

  
An Affiliate Of Cru Singapore

Questions?  
Email: [thriverstripe@cru.org.sg](mailto:thriverstripe@cru.org.sg)  
Visit: [www.cru.sg/thrivesg](http://www.cru.sg/thrivesg)

# PAMELA KOH

Pamela Koh is a registered counsellor and a clinical member of the Singapore Association of Counselling. She is a certified therapist in Eye Movement Desensitization Reprocessing (EMDR), an effective therapeutic approach for processing traumas, and is passionate about teaching people how to manage their emotions and work through past traumas to reach their fullest potential. Pamela has worked with tertiary students through Cru for the past 16 years and is currently the Founder and Lead Counsellor of ThriveSg, the counselling arm of Cru.



## MEET OUR FACILITATORS



# CHARLIE NEW

Charlie is a practicing counsellor who has lived in Singapore since 2009. He is passionate about helping youth and young adults move through personal and relationship issues to help them find new ways in bringing hope and vitality into daily living.