

Emotional Resilience Transformational Journey (ERTJ) Course

GROWING EMOTIONALLY
THRIVING SIGNIFICANTLY

***Invest in your self-care &
grow in emotional resilience!***

Dates

**4 Saturdays - 28 June, 5, 12th,
19th July, 930am-330pm
(Lunch Provided)**

Invitation To

**Tertiary students & young
working professionals
17-35 years old**

Venue

**18 Verdun Road, Cru Center
Level 3 (Timothy 1)**

Course Fees

**Pre-Launch (19 Nov to 31 Dec 2024):
Students \$200 / Working adults \$300
2025 Early Bird (1 Jan to 28 Feb 2025):
Students \$230 / Working adults \$330
2025 Registration (1 Mar to 30 Apr 2025):
Students \$260 / Working adults \$360**

***Early bird closes on 28 Feb 2025
Registration closes on 30 April 2025***

**(Or earlier when full capacity is reached. Do
register early as there are limited spaces.
Subsidy available, email thriverscribe@cru.org.sg)**

**We provide a safe space
for self-discovery, to learn
& grow emotionally with
trusted peers led by our
trained facilitators.**

Highlights

- Emotional regulation skills.
- Manage your inner critic, stress & anxiety.
- Connecting with your emotions through therapeutic arts & movement therapy.
- Find community to support you in your growth.



**Sign up at
cru.sg/ERTJ**

Our Course Trainer



Pamela Koh

Pamela Koh is the Founder & Clinical Director of ThriveSg. She's a registered counsellor & clinical supervisor with the Singapore Association of Counselling (SAC) & a certified therapist in Eye Movement Desensitization Reprocessing (EMDR). Pamela specialises in working with all kinds of trauma and grief-related issues that often underlies mental health issues like anxiety, depression, addiction and eating disorders.

Find out more about the ERTJ experience at cru.sg/ertj

For more resources to empower you to thrive in life, follow us [@thrivesg.tribe](https://www.instagram.com/thrivesg.tribe)

