

Caring & Thriving- A resilience Journey for Caregivers

Course Objective:

This one-day interactive workshop is structured into engaging activities, reflective discussions, and hands-on techniques designed to help caregivers navigate their journey with confidence and resilience.

Course Detail:

**Date: 24 September 2025
(Wednesday)**

Time: 9-5pm

Venue:

ITE College East

Full Course Fees:

Course fee = \$150

GST (9%) = \$13.50

Course fee payable = \$163.50

Application Criteria:

- *18 year and above*
- *Open to public*
- *Possess a valid SNB RN/EN Nurse practicing license (for Nurses).*

Course Description:

Participants will understand the realities of caregiving in Singapore: emotional and mental well-being of caregivers, strategies to manage stress and caregiving challenges, navigate caregiver guilt and emotional burnout, strengthen resilience through self-care, emotional regulation and mindset shifts and learn about resources available in Singapore for caregivers

