

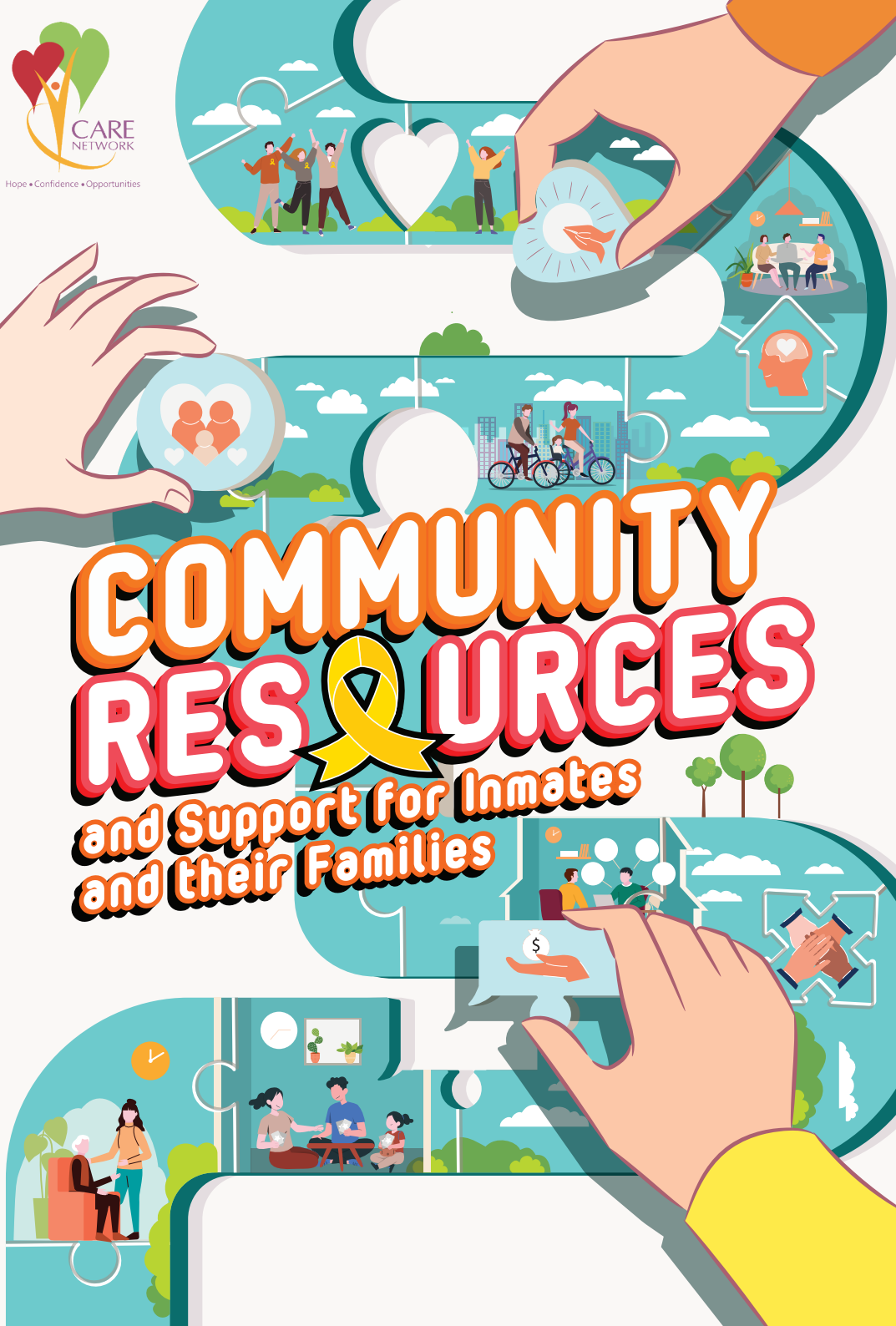


CARE
NETWORK

Hope • Confidence • Opportunities

COMMUNITY RESOURCES

and Support for Inmates
and their Families



Overview of Services



Services
➤ For **Ex-Offenders Only**
➤ For **Ex-Offenders & Families**



Financial Assistance

ComCare ➤ ISCOS



Shelter/ Accomodation

MSF Shelter Options, Transitional Shelters, Halfway Houses and HDB



Employment

YRSG, ServiceSG



Support in the Community

CARE Network, Community and Family Programmes, Desistor Network, Help Against Family Violence, Religious Organisations, Self-Help Groups and Associations, ServiceSG



Health

Addiction Treatment/Support Groups, Mental Health Services, Nursing Homes

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Desistor Network – Support Groups for Desistors	
Scan the QR code to see the list of resources	

All information is correct as of Sep 2024. Please note that the services listed are non-exhaustive.





CARE Network Members

The Community Action for the Rehabilitation of Ex-offenders (CARE) Network is an alliance of various Social Service Agencies (SSAs) and Government Organisations coming together to engage the community and coordinate efforts to better support ex-offenders and their families.

Agency	Address	Contact
Industrial & Services Co-operative Society Ltd (ISCOS) https://www.iscos.org.sg	Just BrewIN 425 Race Course Road Singapore 218696	6743 7885
NeuGen Fund https://www.neugen.org.sg	Just BrewIN 425 Race Course Road Singapore 218696	6743 7885
Singapore After-Care Association (SACA) https://www.saca.org.sg	81 Dunlop Street Singapore 209408	6294 2350 6294 2763
Singapore Anti-Narcotics Association (SANA) https://www.sana.org.sg/step-up-centre/	Step-Up @ Sengkang Sengkang Community Hub, 2 Sengkang Square #05-01, Singapore 545025 Mon, Tues, Wed & Fri: 9am – 6pm, Thu: 9am – 9pm Step-Up @ Taman Jurong SSO @ Taman Jurong, 301A Corporation Drive, Level 1, Singapore 619773 Mon, Wed & Fri: 9am – 6pm, Thu: 2pm – 9pm Step-Up @ Northwest ACE The Place Community Club 120 Woodlands Avenue 1, Level 4, Singapore 739069 Mon, Wed & Fri: 9am – 6pm, Thu: 2pm – 9pm	6732 1122* 9847 5102* 8666 6076*
Yellow Ribbon Singapore (YRSG) https://www.yellowribbon.gov.sg/what-we-do/employment-assistance	1821 Upper Changi Road North, Selarang Park Complex (SPC), Singapore 506777	6513 1537
Yellow Ribbon Fund (YRF) https://www.yellowribbon.gov.sg/yellow-ribbon-fund	980 Upper Changi Road North Blk B, Level 2, Singapore 507708 (Singapore Prison Service and Yellow Ribbon Singapore HQ)	6214 2867

*(Please call or text to make an appointment)

Addiction Treatment / Support Groups



Agency	Address	Contact
Alcoholics Anonymous (AA) https://www.singaporeaa.org/meetings.html	Various Locations – Please refer to website	8112 8089 (call or whatsapp)
Narcotics Anonymous (NA) https://nasingapore.org/meeting.htm	Various Locations – Please refer to website	8405 8432
National Addictions Management Service (NAMS) https://www.nams.sg/Pages/default.aspx	Buangkok Green Medical Park Blk 9 (Level 1) 10 Buangkok View Singapore 539747	24-hr helpline: 6 – RECOVER (6-732 6837)
National Council on Problem Gambling https://www.ncpg.org.sg/ (Webchat)	SLF Building 510 Thomson Road, #05-01, Singapore 298135	1800-6-668-668 Available daily from 8am to 11pm
WE CARE Community Services https://www.yellowribbon.gov.sg/what-we-do/employment-assistance	Kembangan-Chai Chee Community Hub Blk 5, 11 Jalan Ubi Block 5 #01-41 Singapore 409074	3165 8017
WIRA (Women in Recovery Association) http://wira.org.sg/	116 Changi Road WIS@Changi #04-08 Singapore 419718	8339 7690





Self Help Groups and Associations

Agency	Address	Contact
AMP Singapore https://www.amp.org.sg/	AMP @ Pasir Ris 1 Pasir Ris Drive 4 #05-11 Singapore 519457 AMP @ Jurong Point Jurong Point Shopping Centre 1 Jurong West Central 2 #06-02 Singapore 648886	6416 3966 6416 3990 / 9726 7655
Association of Women for Action and Research (AWARE) https://www.aware.org.sg/	Block 5 Dover Crescent, #01-22 Singapore 130005	6779 7137 Helpline: 1800 777 555
Chinese Development Assistance Council (CDAC) https://www.cdac.org.sg/en/	65 Tanjong Katong Road Singapore 436957	6841 4889
Persatuan Pemuda Islam Singapura (PPIS) Family Service Centre (East) https://ppis.sg/family-services/	Blk 1 Eunoss Crescent #01-2509 Singapore 400001	6015 6970
Singapore Indian Development Association (SINDA) https://www.sinda.org.sg/	1 Beatty Road Singapore 209943	1800 295 3333
The Eurasian Association, Singapore https://www.eurasians.sg/	Eurasian Community House 139 Ceylon Road Singapore 429744	6447 1578
Yayasan MENDAKI https://www.mendaki.org.sg/	51 Kee Sun Avenue (off Tay Lian Teck Road) Singapore 457056	6245 5555



Religious Organisations



Agency	Address	Contact
Buddhist Fellowship https://www.buddhistfellowship.org/programmes	Yeo's Building 2 Telok Blangah Rd St 31 #02-00 Singapore 108942	6278 0900
Christian Counselling Services http://ccslink.org/	AsiaWide Industrial Building 5 Pereira Road #06-02 Singapore 368025	6222 1305
Family and Inmates ThRough-care Assistance Haven (FITRAH) https://www.facebook.com/fitrahsingapore/	Masjid En-Naeem 120 Tampines Road Singapore 535136	6911 8153 6911 8154
Loving Hand Fellowship https://lhf.sg/	20 Ubi Crescent Singapore 408565	9351 5500 (WhatsApp)
Muneeswaran Community Services Ltd https://www.mcs.org.sg	Peninsula Plaza, 111 North Bridge Road Singapore 179098	9833 3515
PERGAS https://www.pergas.org.sg/	Wisma Indah 448 Changi Road #03-01 Singapore 419975	6346 9350
Prison Fellowship Singapore https://pfs.org.sg/	1 Dorset Road Singapore 219486	6384 2338
Roman Catholic Prison Ministry https://www.caritas-singapore.org/roman-catholic-prison-ministry-rcpm/	Catholic Archdiocesan Education Centre 2 Highland Rd #03-04 Singapore 549102	6100 7276
SANA Hindu Religious Group of Volunteers (RGV) https://www.sana.org.sg/	Sengkang Community Hub 2 Sengkang Square #05-01 Singapore 545025	6870 5192 6870 5193
Sikh Welfare Council https://www.siwec.org/	2 Towner Road #06-02 Singapore 327804	6299 9234
Singapore Buddhist Federation https://www.buddhist.org.sg/	59 Lorong 24A Geylang Singapore 398583	6744 4635
The Hindu Centre https://www.hinducentre.org.sg/	132 Owen Road Singapore 218935	6291 8540



Mental Health Services

Agency	Address	Contact
Agency for Integrated Care (AIC) https://www.aic.sg	Various Locations – Please refer to website	–
Club Heal http://www.clubheal.org.sg/	Club HEAL @ Buangkok The Hope Centre Blk 997A Buangkok Crescent #01-809 Singapore 531997 Club HEAL @ Bukit Batok East The Loving Hub Blk 254 Bukit Batok East Ave 4 #01-229 Singapore 650254 Club HEAL @ Marsiling The Empowerment Hut Blk 317 Woodlands St 31 #01-194 Singapore 730317 Club HEAL @ Pasir Ris East The Acceptance Place Blk 148 Pasir Ris St 13 #01-24 Singapore 510148	6899 3463 9 am to 5 pm, Mondays to Fridays
Institute of Mental Health (IMH) https://www.imh.com.sg/	Buangkok Green Medical Park 10 Buangkok View Singapore 539747	24-hr hotline: 6389 2000
Samaritans of Singapore (SOS) https://www.sos.org.sg/	10 Cantonment Close #01-01 Singapore 080010	24-hr hotline: 1-767 24-hr Whatsapp text: 9151 1767
Silver Ribbon (Singapore) https://www.silverribbonsingapore.com/		
Singapore Association for Mental Health (SAMH) https://www.samhealth.org.sg/	Blk 139 Potong Pasir Ave 3 #01-136 Singapore 350139	6255 3222 Toll Free Helpline: 1800 283 7019

Help Against Family Violence



Agency	Address	Contact
National Anti-Violence and Sexual Harassment Helpline https://www.msf.gov.sg/what-we-do/break-the-silence/home	-	1800-777-000 Available 24 hours
Care Corner Project StART https://www.carecorner.org.sg/family-violence-protection	7A Commonwealth Ave #01-672 Singapore 141007	6476 1482
PAVE https://www.pave.org.sg/	Blk 211 Ang Mo Kio Ave 3 #01-1446 Singapore 560211 Blk 305 Yishun Central #01-175 Singapore 760305	6555 0390
TRANS SAFE Centre https://www.trans.org.sg/services-safe	Blk 410 Bedok North Ave 2 #01-58 Singapore 460410	6449 9088

Nursing Home



Nursing Homes are long-term residential care facilities that provide assistance to residents who need help in most of their activities of daily living and/or have daily nursing care needs.

A nursing home provides the following services:



Help With Activities of Daily Living

This includes going to the toilet, showering and eating, etc.



For Dementia/ Psychiatric Facilities

Programmes and activities for cognitive stimulation will be provided to slow down the deterioration of mental function of the residents.



Night Respite

Night Respite is an overnight respite option for caregivers of persons living with dementia displaying sundowning behaviour. This gives them some time off from night-time caregiving duties.



Nursing Care

This includes management of nasogastric tube, urine catheter, wound dressing, etc



Physical and Social Activities

Maintenance exercises, outings, etc.

- For more information on Nursing Homes, please visit <https://www.aic.sg/care-services/nursing-home>
- For information on Nursing Homes providers, please visit <https://supportgowhere.life.gov.sg/caregiving/>
- For advice on the criteria and application for a Nursing Home service, patients or family may approach a Care Consultant at your nearest AIC Link — <https://www.aic.sg/aic-link>



Accommodation

Agency	Address	Contact
Housing & Development Board (HDB) https://www.hdb.gov.sg/cs/infoweb/homepage	HDB Hub 480 Lorong 6 Toa Payoh Singapore 310480 (weekdays: 8:30 am to 5:00 pm)	6490 1111
Halfway Houses and Shelters Residents are to abide by all the rules and regulations at the Halfway House (HWH).		
Buddhist: Green Haven https://sbws.org.sg/en/services-affiliates/socialwelfare-and-community-services/green-haven/	10 Admiralty Road East Singapore 759988	6490 1111
Christian: Breakthrough Missions https://www.breakthroughmissions.org.sg/	1 Cosford Road, Singapore 499547	6479 7734 6479 7756
Christian: Teen Challenge (Singapore) https://www.teenchallenge.org.sg/	735 Old Choa Chu Kang Road Singapore 699798	6793 7933
Christian: The Helping Hand https://thehelpinghand.org.sg/	819 Upper Serangoon Road Singapore 534678	6283 2204
Christian: The New Charis Mission https://www.thenewcharission.org.sg	Kembangan-Chai Chee Community Hub 11 Jalan Ubi Block 1 #01-01 Singapore 409074	6483 3707
Christian (Female): The Turning Point https://www.theturningpoint.org.sg/	341 Jamaica Road Singapore 757615	6257 8364
Christian: Watchman's Home https://watchmanhome.sg/	1035 Upper Changi Road Singapore 507676	9790 2060
Hindu & Sikh: HEB-Ashram Halfway House https://heb.org.sg/heb-ashram/	30 Durban Road Singapore 759642	6753 9730
Muslim: Jamiyah Halfway House (Darul Islah) https://jhh.jamiyah.org.sg/	352 Pasir Panjang Road Singapore 118694	6776 9101
Muslim: Pertapis Halfway House https://www.pertapis.org.sg/welfare-homes	50 Lorong 34 Geylang Singapore 398239	6746 4752
Secular (Female): Rise Above Halfway House	1 St. George's Lane Singapore 328047	6206 7440

Agency	Address	Contact
Halfway Houses and Shelters		
Residents are to abide by all the rules and regulations at the Halfway House (HWH).		
HCSA Highpoint https://hcsa.org.sg/programmes/hcsa-highpoint/	1 Lorong 23 Geylang Singapore 388352	6440 2444
Secular (Female): GEM New Start Centre Limited https://gemnsc.com/winners-home/	No 2 Springleaf View Singapore 787908	6266 3302 / 6266 3310
Secular (Female): iC@RE HUB https://www.icarehub.org.sg/	Call hotline for information	9060 5845
Secular (Transgender): The T Project https://www.thetprojectsg.org/	7 Race Course Lane #03-01 Singapore 218734	8181 7584

MSF Shelter Options

If you face housing issues after discharge from prison, your Family Service Centre (FSC) social worker can assist you to apply to a suitable shelter.

Visit <https://www.msf.gov.sg/our-services> to find your nearest FSC, or call the MSF Hotline (1800-111-2222) for advice.

You may be referred to the following possible shelter options depending on your need.

SHORT TERM

Safe Sound Sleeping Places (S3Ps)

- Interim overnight shelters in community-owned premises.
- Provides safe shelter in communal setting while individuals seek formal assistance from help agencies and/or longer-term shelters.
- Food is not provided.

Transitional Shelters (TSes)

- Provide temporary accommodation to homeless families/individuals who have exhausted all other means of accommodation.
- Provide onsite social work intervention to address the complex needs of admitted families/individuals to achieve long-term and stable housing.
- Food is not provided.

Sheltered Homes (SHs)

- Provide accommodation to ambulant seniors (aged 60 and above) who have no alternative living arrangements.
- These seniors are capable of taking care of his/ her activities of daily living (ADL) and unable to live with their families because of a breakdown in relationships.
- Food is provided in some Homes.

Welfare Homes (WHs)

- Provide long-term care and rehabilitation for destitute persons with no means of support and who may face challenges living independently in the community.
- Admissions come under the Destitute Persons Act (voluntary admissions are possible).
- Food is provided.

LONG TERM



Accommodation

Moving to long-term stable housing

- Social workers from these shelters/FSCs will work with you on the longer-term housing options.
- This includes application for Public Rental HDB flats (if eligible), finding a job or skills training to help you transit into stable long-term housing.

Tips for persons with mental health concerns or addiction

- If you have mental health issues, or have active addiction, you may make a self-referral (or through your social worker) to Welfare Homes by scanning the following QR code or calling the MSF ComCare Hotline (1800-222-0000).
- Some of these Welfare Homes are located at Pelangi Village (Buangkok Green).

Welfare Home Application Form



Please scan the QR code to access the Welfare Home Application form.

Transitional Shelters

Accommodation for homeless persons with social work support to obtain stable housing and employment.

- Suitable if you can live independently in a communal shelter setting (i.e. does not require close supervision or care)
- HDB flat setting, co-sharing required



Referral Process

Referral from your social worker is required. If you do not have a social worker, visit <https://www.msf.gov.sg/our-services> to find your nearest FSC, or call the MSF Hotline (1800-111-2222) for advice.

List of Transitional Shelters

- New Hope Transit Point @ Jalan Kukoh
- New Hope Transit Point @ 1 Spooner*
- Allkin Transitional Shelter (Individuals) – Spooner Road*

*To be relocated to Ang Mo Kio Ave 8 from Dec 2024 onwards

Community and Family Services



Agency	Address	Contact
Allkin Singapore https://www.allkin.org.sg/	Various Family Service Centres	contact@allkin.org.sg
Care Community Services Society https://www.ccscscares.sg/	CarePoint 103 Lavender Street #01-02 Singapore 338725	6950 7500
Centre for Fathering https://fathers.com.sg/	Dads Adventure Hub 1 Woodlands Road #04-03 Singapore 677899	6769 1238
Family Service Centres https://www.msf.gov.sg/our-services	Various Locations – Please refer to website	–
FAM @ FSCs www.msf.gov.sg/dfcs/strengtheningfamilyservice/	Various Locations – Please refer to website	1800 111 222
Fei Yue Community Services https://fyics.org/family-service-centres/	Various Locations – Please refer to website	6569 0381 (Bukit Batok) 6690 100 (Champions Way) 6762 5215 (Choa Chu Kang) 6416 2162 (Yew Tee) 6267 2900 (Taman Jurong)
Focus on the Family Singapore www.family.org.sg	Junction 8 Office Tower 9 Bishan Place #08-03 Singapore 579837	6336 1444
Lakeside Family Services (TJ Haven) https://lakeside.org.sg/	The Agape 21 Yung Ho Road #03-01 Singapore 618593	6265 6522
Life Community Services Society https://life-community.org/	Kallang Leisure Park 5 Stadium Walk #04-04 Singapore 397693	6387 3700
Lions Befrienders Service Association (Singapore) [For Seniors] https://www.lionsbefrienders.org.sg/	Blk 130 Bukit Merah View #01-358 Singapore 150130	1800 375 8600



Community and Family Services

Agency	Address	Contact
Lutheran Community Care Services Ltd https://lccs.org.sg/	Bukit Merah Community Hub 3779 Jalan Bukit Merah #02-01 Singapore 159462	6441 3906
M ³ https://www.m3.gov.sg/	Wisma Geylang Serai 1 Engku Aman Road Level 2 Singapore 490223	–
New Life Stories https://www.newlifestories.org.sg/	64 Kallang Bahru #01-375 Singapore 330064	6386 7688
Singapore Children's Society https://www.childrensociety.org.sg/	Various Locations – Please refer to website	6273 2010
The Salvation Army https://www.salvationarmy.org.sg/ www-prison-support-services/	7 Upp Changi Rd North Singapore 507705	9248 5336 (Whatsapp Hotline)



ComCare

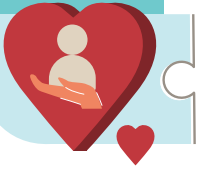
Social assistance for low-income individuals and families

☎ 1800 - 222 0000

Social Service Offices	Address
Social Service Office @ Ang Mo Kio	6A Ang Mo Kio St 53 Ang Mo Kio 3G Centre Singapore 569208
Social Service Office @ Bedok	21 Bedok North St 1 #01-02 Singapore 469659
Social Service Office @ Boon Lay	NKF Integrated Renal Centre 500 Corporation Road, #01-01 Singapore 649808
Social Service Office @ Bukit Batok	Blk 369 Bukit Batok St 31, #01-505 Singapore 650369
Social Service Office @ Bukit Merah	Bukit Merah Community Hub 3779 Jalan Bukit Merah #01-01, Singapore 159462
Social Service Office @ Bukit Panjang	Blk 232 Pending Road, #01-29 Singapore 670232
Social Service Office @ Clementi	Blk 358 Clementi Ave 2, #01-285 Singapore 120358
Social Service Office @ Chua Chu Kang	8A Teck Whye Lane, Singapore 681008



Social Service Offices	Address
Social Service Office @ Geylang Serai	Singapore Post Centre 10 Eunos Road 8 #12-02, Singapore 408600
Social Service Office @ Hougang	Blk 662 Hougang Ave 4, #01-413 Singapore 530662
Social Service Office @ Jalan Besar	Jalan Besar Community Club 69 Jellicoe Rd, #01-03 Singapore 208737
Social Service Office @ Jurong East	Devan Nair Institute for Employment and Employability 80 Jurong East St 21 #01-07 Singapore 609607
Social Service Office @ Kreta Ayer	Kreta Ayer Community Club 28A Kreta Ayer Road #01-03, Singapore 088995
Social Service Office @ Pasir Ris	120 Pasir Ris Central #01-16 Pasir Ris Sports Centre Singapore 519640
Social Service Office @ Punggol	ServiceSG Centre One Punggol One Punggol Drive, #01-01 Singapore 828629
Social Service Office @ Queenstown	Blk 40 Margaret Drive, #02-01 Singapore 140040
Social Service Office @ Sembawang	Blk 315 Sembawang Vista, #01-173 Singapore 750315
Social Service Office @ Sengkang	Blk 261C Sengkang East Way, #01-506 Singapore 543261
Social Service Office @ Serangoon	Blk 332 Serangoon Ave 3, #01-257 Singapore 550332
Social Service Office @ Taman Jurong	301A Corporation Drive, Singapore 619733
Social Service Office @ Tampines	ServiceSG Centre Our Tampines Hub 1 Tampines Walk, #01-21 Singapore 528523
Social Service Office @ Toa Payoh	HDB Hub Bizthree 490 Lorong 6 Toa Payoh #07-11 Singapore 310490
Social Service Office @ Woodlands	900 South Woodlands Drive #06-13 Woodlands Civic Centre Singapore 730900
Social Service Office @ Yishun	Blk 746 Yishun Street 72, #01-127 Singapore 760746



SERVICE SG

Visit ServiceSG Centre for guidance on government services that may be relevant to you:

ServiceSG can help you with:

- Set up or reset your Singpass password.
- Apply for Comcare and receive financial support.
- Apply or renew your CHAS card to enjoy subsidies on medical and dental care.
- Re-register your NRIC or renew your passport.
- Check your Central Provident Fund (CPF) balance and statement.
- Apply for new or rental home via Housing Development Board's (HDB).
- Get career and skills guidance from career coaches.

Visit Us

ServiceSG Centres

Opening hours: Mon - Sun: 9am to 6pm | Closed on Public Holidays

ServiceSG Centre One Punggol

#01-01, 1 Punggol Drive, Singapore 828629

ServiceSG Centre Our Tampines Hub

#01-21, 1 Tampines Walk, Singapore 528523

ServiceSG@CCs

Opening hours: Mon - Sun: 10am to 6pm | Closed on Public Holidays

ServiceSG@Bukit Canberra

Bukit Canberra Integrated Sports & Community Hub

#01-62, 21 Canberra Link, Singapore 756973

ServiceSG@Nee Soon Central Community Club

Northpoint City (Near Berth B8 in Yishun Bus Interchange), #01-201, 1 North Point Drive, Singapore 768019

ServiceSG@Kampong Chai Chee Community Club

Heartbeat@Bedok

#01-31, 11 Bedok North Street 1, Singapore 469662

ServiceSG@The Frontier Community Club

The Frontier Community Place

#01-01, 60 Jurong West Central 3, Singapore 648346

ServiceSG@Keat Hong Community Club

#01-01, 2 Choa Chu Kang Loop, Singapore 689687



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Scan here for more information or visit go.gov.sg/servicesgweb