

JOURNEYING WITH YOU

Education webinars coming to you in Sep and Oct 2021

Hello everyone!

We at CCS sincerely hope you are healthy and well.

We are pleased to share 2 awesome webinars in September and October specially organised for you.

Do sign up for these webinars and we hope to see you soon online.

Take care and stay safe always!



It may be difficult to feel secure and confident about your job, income and career prospect while trying to make it through your DMP journey successfully. Being resilient means taking steps to stay employable through constant learning and upgrading of yourself.

Attend this webinar to find out how SkillsFuture resources can support your learning, skills upgrading and career progression.

Presented by
**SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL**

Supported by

SKILLSFuture SG 

Tuesday, 21 September 2021
7.30 pm to 8.30 pm
Online via Zoom

CLICK HERE TO REGISTER

<https://www.ccs.org.sg/events/journey-210921/>

In our busyness trying to manage all the demands in our lives, we tend to ignore the need to set aside time for relaxation.

However, relaxation should not be done only when we have time. We need to set aside time to practise relaxation to allow our mind and body to calm down.

Attend this webinar for an overview of the different strategies in relaxation, with emphasis on techniques such as deep breathing and progressive muscle relaxation.

*The Art of
Relaxation
Webinar*

Presented by


Singapore Association
for Mental Health



CLICK HERE TO REGISTER

<https://www.ccs.org.sg/events/journey-211007/>

Thursday, 7 October 2021
7.30 pm to 8.30 pm
Online via Zoom

This Newsletter is part of CCS Journeying With You programme, providing you with updates, useful information and events to support you during your DMP Journey.

[Click here for the latest Journeying With You programme.](#)

For enquiries regarding upcoming events, contact **CCS Outreach, Education & Research Team**
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If you are facing difficulties with your DMP, do not hesitate to contact CCS Debt Servicing & Support Team at psteam@ccs.org.sg or call 6929 6900