



Creative Hub

The promotion and maintenance of holistic wellness is the goal for many. Wellness is the philosophy of promoting health and preventing disease (Malchiodi A. Cathy).

Creative Hub supports wellness by providing a variety of services for individuals to realize his/her own abilities to cope with the challenges of daily life, and function effectively in the family and community.

In a relaxed, mutually supportive, friendly environment we use various creative tools – movement, dance, music, art making, visualization and imagery -- to promote wellness.

Creativity is present in all of us as evident in our personal style and solutions we come up with for the challenges we face.

Join us in one of our activities or programmes to reap some of the benefits of creative hubbing!

90 Goodman Road, Goodman Arts Centre,
Singapore 439053, Block L, #01-47

An Overview

Open Studio

In the Open Studio we welcome anyone who wants a space to do their art or read books. It is a time for individuals who are in need of a short getaway from the busyness of life.

Skill session

If you have ever thought about picking up an art skill, sign up for Skill Sessions. Each month, we focus on a different art form. Develop your abilities in a fun and relaxing environment.

Caregiver Support Group

Caregivers face many challenges, including the tendency to neglect their own physical and emotional health while taking care of others. Through a process of creativity, mutual sharing and emotional support you can improve your coping skills, enhance your overall wellness and practice better self-care while you care for others. Reduce the risk of burning out your energy and zest for life. Join us to receive and give support to other caregivers.

Individual Art Therapy

Art or expressive therapy is the process of creating art for emotional, psychological and physical wellness. It is also used to assist in reflection, decision-making and finding solutions. You don't need prior art knowledge/training to participate.

Individual Counselling

Individual counselling is talk therapy. Counsellors work with clients on various issues affecting the clients' relationships, feelings, thinking and behaviour.

Group Work

In small groups of a maximum of six participants led by a facilitator, Group Work is intended to empower people and encourage personal development. The group will explore solutions to problems such as stress, anxiety and other difficult emotions so that people can live free and function productively in all aspects of life.

Experiential Workshops

The 90 minute workshops run on the first and third Fridays of the month. Each will give participants different experiences; get a taste of using the creative processes for simple enjoyment, tickle your creative juices, find self expression in forms other than talking, facilitate reflection and better awareness or let go of stress and tension and de-stress.

Each programme will engage you in different experiences.

Don't take our word for it – sign up today and see for yourself!

“Thank you for giving me so much joy in all these creative art sessions.” — Participant of Creative Hub

Brought to you by:



Open Studio

In the Open Studio we welcome anyone who wants a space to do their art or read books. It is a time for individuals who are in need of a short getaway from the busyness of life.

An Art Instructor will be present at all sessions. Participants are free to ask any questions in relation to art and enjoy the space provided. Please kindly bring along your personal art materials as they are not provided.

To register please email us your name and contact details at ch@samhealth.org.sg or call us at 6344 8451.

Sessions are free; however, donations are welcome.

Monday

2.30pm — 5.30pm
13, 20, 27 October 2014

Wednesday

12.30pm — 3.30pm
1, 8, 15, 29 October 2014

Individual Sessions

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Please email us your name and contact details at ch@samhealth.org.sg or call us at 6344 8451, for an appointment. Each session will be \$10.

"Coming for sessions gave me a hope for living and a focus, it brought me out of depression."
— Participant of Creative Hub

Skill Sessions

To register please email us your name and contact details at ch@samhealth.org.sg or call us at 6344 8451.

Sessions are free, unless otherwise stated; however, donations are welcome.

Sessions are progressive

Please bring the art materials stated. We do not provide materials.

Monday

Time: 11.30am — 12.30pm

Date: 13, 20, 27 October

Title: Foliage Explosion! (Eraser Printmaking and Line Illustration)

Facilitator: Dorothy Lim

Sessions will cover:

- Carving of simple patterns on erasers to create stamps
- Combining the prints with illustrations of leaf and floral motifs

Materials: A4 sketchbook, black 0.3 copic marker, pencil, 3 medium-sized erasers (around 2.5 x 2.5cm), lino cutter, pigment ink stamp pads in shades of green or yellow

Time: 1.30pm — 2.30pm

Date: 13, 20, 27 October

Title: Basic Colour Pencil (Butterfly)

Facilitator: Dorothy Lim

Sessions will cover basic colour theory and

illustrating butterfly patterns using colour pencil

Materials: Colour pencils, sketchbook, pencil, eraser

Time: 6.45pm — 8pm

Date: 1, 8, 15, 22 October

Title: Basic Watercolour (Flowers)

Facilitator: Lily Chee

Sessions will cover:

- Introduction to watercolour
- Wet-on-wet technique
- Mixing of colours

Materials: Watercolour brushes (synthetic mixes or nylon type, sizes 14, 10 & 8 round), palette, water container, HB pencil, eraser, box of watercolour of 12 or 18 colours (either Sakura, Pentel or Aquafine brand), cold-pressed paper (300gsm (140lb), size 254mm x 178mm (10"x 7")), tissue or kitchen towel paper

Tuesday

Time: 11.30am — 12.30pm

Date: 7, 14, 21, 28 October

Payment: \$20 for 4 sessions

Title: Introduction to Palette Knife Painting

Facilitator: Loong Cui Wen

Sessions will cover a study of Dutch painter Vincent Van Gogh's expressive impasto style paintings, as well as the work of some contemporary palette knife painters

Materials: Oil paints, A4 canvas, brushes, palette knives, palette, water container, cloth or tissue, turpentine

Time: 2.30pm — 3.30pm

Date: 7, 14, 21, 28 October

Payment: \$20 for 4 sessions

Title: Mixed Media (Landscape Sketching)

Facilitator: Loong Cui Wen

Sessions will cover:

- Basic compositional tips for drawing landscapes
- Basic line and wash techniques

Materials: Watercolour paints, a range of sketching pens (eg. in 0.1, 0.3, 0.5 and 0.8), or dip pens and indian Ink, pencils, A3 sketchbook with thick paper or watercolour paper, brushes, palette, water container, cloth or tissue

Skill Sessions

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Sessions are free, unless otherwise stated; however, donations are welcome.

Sessions are progressive

Please bring the art materials stated. We do not provide materials.

Wednesday

Time: 10am — 11.30am

Date: 8 October

Title: Introduction to Photography

Facilitator: T Selvaratnam

Sessions will cover an introduction to Photography and the use of different modes and variable settings found on digital cameras

Requirement: Please bring your own digital camera

Time: 11.30am — 12.30pm

Date: 1, 8, 15, 29 October

Title: Silhouette Illustration

(Arthur Rackham)

Facilitator: Loong Cui Wen

Sessions will introduce the shadow illustrations of Arthur Rackham and encourage participants to try storytelling through the drawing of character and background design in silhouette

Materials: Black markers, a range of sketching pens (eg. in 0.1, 0.3, 0.5 and 0.8), brush and ink, A3 Sketchbook, pencils, tracing paper

Time: 7pm — 8pm

Date: 1, 8, 15, 29 October

Title: Basic Pastel Drawing (Portrait)

Facilitator: Loong Cui Wen

Sessions will cover:

- Basic techniques of blending of pastels
- Drawing a portrait using soft pastels.

Materials: Soft pastels, spray fixative, pastel paper/ textured paper

Thursday

Time: 11.30am — 12.30pm

Date: 2, 9, 16, 30 October

Title: Basic BNW Pointillism (Sea Creatures)

Facilitator: Dorothy Lim

Sessions will cover basic gradient work, sketching of and applying pointillism on sea creatures like starfish

Materials: A4 sketchbook, 0.3 copic marker, pencil, eraser. We will provide the images.

Friday

Time: 10am — 11.30am

Date: 3, 10, 17, 24 October

Title: Sewing (Coasters)

Facilitator: Lee Eng

Sessions will cover sewing of simple coasters using thread and needle

Materials will be made available at \$5 per pack

Time: 7pm — 8pm

Date: 3, 10, 17, 24 October

Payment: \$20 for 4 sessions

Title: Acrylic Painting (Flower)

Facilitator: Deborah Chen

Sessions will cover:

- Basic acrylic painting skills
- Color studies

Materials: 18x18cm square canvas, acrylic paints, clean rag, water container, pencils, palette, paper bag to carry artwork. We will provide the image.

Saturday

Time: 3.30pm — 4.30pm

Date: 4, 11, 18 October

Title: Still Life

Facilitator: Deborah Chen

Sessions will cover:

- Basic still life sketching

Materials: A4/A3 sketchbook, pencils and erasers

Time: 4.30pm — 5.30pm

Date: 4, 11, 18 October

Payment: \$20 for 3 sessions

Title: Landscape in Acrylic (Intermediate)

Facilitator: Deborah Chen

Sessions will cover:

- Understanding color

Materials: A4 canvas, acrylic paints, small flat and round tip brushes, palette, water container, cloth, rag, bag to carry artwork. We will provide the image.

Artists in Residency

For the next few months, Creative Hub has engaged various local artists well-versed in visual arts, craft, music, writing, dance, drama and movement to share their expertise and passion with the community. In the Artist-in-Residency Program, the general public will be given an opportunity to learn new art skills from these artists in a relaxed environment. We believe that the arts can have viable outcomes on our quality of life within the community.



CROCHET-MAKING

Sessions will cover an introduction of crochet-making through 4 sessions of hands-on projects. Different types of stitches used in crotchet will be taught, as well as pattern-reading from both diagram and text. Participants will also learn hands-on how to make “chains” and “rows” during the course of the project.

Facilitator: Doreen Mok

**7, 14, 21, 28 Oct 2014
(Tuesdays)
1pm — 2pm**

Materials will be made available at \$5 per pack, which covers a crotchet hook and yarn.

COMMUNITY DRUMMING

The Community Drumming Network (CDN) promotes the benefits of community drumming through fun music-making activities and performances that grow and connect communities.

Facilitator: Community Drumming Network

**7, 14, 21, 28 Oct 2014
(Tuesdays)
7pm — 8pm**

Materials will be provided.



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SILENCE IN MOTION

Sessions will be conducted using writing examples, video clips, improv acting and writing exercises.

At the fourth session, each attendant is required to submit a 3 to 5 minutes screenplay for round-table reading.

Facilitator: Colin Justin Wan

**1, 8, 15, 29 Oct 2014 (Wednesdays)
4pm — 5pm**

Please bring your own writing materials: they may be just pen and papers or you can bring your laptop or any other electronic writing devices.

Experiential Workshops

- Registration is required: Email ch@samhealth.org.sg or call 6344 8451 to register.
- Please leave your name, email and contact number.

DISCOVERING YOUR LEARNING STYLE

Everyone has a preferred way of learning that we adopt to process information and experiences. This workshop allows you to discover your learning style and appreciate other different approaches to make you a more effective learner. Learning-to-learn is never too late! Sign up for the workshop today.

Facilitator: Ong Chui Ngoh
20 Oct 2014 (Mon)
7pm — 8pm
\$10 per participant
No. of people: Max 16
Criteria: Bring writing materials such as notebook and pen

INFLUENCE OF THE FUTURE

“Future” can be defined as any time or state that is to come. Free-will gives us the ability to create our own future. Thoughts, intentions, beliefs and words are all forms of energy and all capable of creating an event or circumstance in our lives. These same thoughts, intentions and beliefs are constantly changing. The changes in our thoughts are what changes the future.

Join the workshop for the influence of the future.

Facilitator: Clarise Chew
21 Oct 2014 (Tue)
7pm — 8pm
\$10 per participant
No. of people: Max 8

LET THE ART SPEAK FOR YOU

Have you ever stood in front of an artwork and experienced some inner responses from what you see and yet lack the opportunity to further examine those thoughts and feelings? This workshop creates the space for you to get in touch with your responses through an art making process.

At the end, you may gain a greater awareness of yourself by letting the art speak for you. Sign up for the workshop today before the seats are all taken up! No prior art making experience required.

Facilitator: Ong Chui Ngoh
27 Oct 2014 (Mon)
6.30pm — 8pm
\$15 per participant
No. of people: Max 8
Criteria: Wear covered footwear – may be required to do some walking

Experiential Workshops

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FOR THE PIONEERS: NOURISHING YOUR SOUL USING ART

Painting and drawing promote self-expression and help to relax a person. Through the process of producing artwork and articulating the experience, this would often create a positive impact on a person's holistic well-being. Individuals may discover a greater value towards life and learn new way of enjoying their time. Prior experience in art is not required.

Facilitator: Ong Chui Nghoh
2, 9, 16, 23 Oct (Thu)
11.30am — 12.30pm
\$20 for 4 progressive sessions
No. of people: Max 8
Criteria: For Seniors of age 65 and above

SPICE UP YOUR LIFE

What is the spice needed to excel in our life? Where can we obtain this spice? The good news is that this spice is found in all of us, we only need to learn how to nurture it. Let us learn the art of resilience and sail through stress without a care in the world.

Facilitator: Lynn Ng
16, 23, 30 Oct (Thu)
7pm — 8pm
\$20 for 3 progressive sessions
No. of people: Max 8

APPRECIATING SELF THROUGH ART

Do you often put your own needs and feelings at the lowest priority?

Do you usually put yourself down when things go wrong?

Do you find it hard to appreciate yourself?

If you have answered 'yes' to any of the questions, this workshop is meant for you! Take the first step of appreciating yourself more by participating in a relaxing experiential workshop. Through the process, it is likely to energise and ignite your journey of loving self. No prior art experience required.

Facilitator: Ong Chui Nghoh
3 Oct 2014 (Fri)
7pm — 8pm
\$10 per participant
No. of people: Max 8

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Facilitators: Ong Xin Ling, Muhd Haikal, Ong Chui Ngho

Date: 8 November 2014 — Art Experiential

Time: 10:00am - 12:00pm

To register please call 6344 8451 or email ch@samhealth.org.sg

90 Goodman Road, Goodman Arts Centre,
Singapore 439053, Block L, #01-47



Psychological Assessment

at Creative Hub

Creative Hub now provides psychological assessment of intellectual abilities using clinically proven assessment tools for adults. This service is targeted at adults age 17 and older, and can help identify difficulties in cognitive functioning. This assessment service is useful for treatment planning and determining appropriate services to overcome these difficulties.

The psychological assessment typically consists of three components, over three visits:

- 1. The intake session:** The purpose of the intake session is to review the client's relevant history, such as medical information and educational attainment, and to determine suitability for assessment.
- 2. Diagnostic testing:** The diagnostic testing requires the client to perform various tasks, which provides an insight into his/her cognitive abilities. Typically, diagnostic testing occurs over a span of about two hours, but additional visits may be necessary sometimes.
- 3. Feedback session:** During the feedback session, a psychological report will be given. The findings and recommendations of the assessment will also be discussed.

Please contact us by calling [6344 8451](tel:63448451) or emailing ch@samhealth.org.sg to find out more details about the psychological assessment service. We do not provide assessment for medico-legal cases.



FIND US WITHIN OUR COMPOUND!



By MRT

Alight at Circle Line's Mountbatten MRT (Exit B).

By Bus

Alight at Bus Stop (91099) on Mountbatten Road.
Bus numbers 12, 14, 30, 30e, 158, 196, 401.

By Car

Limited parking lots at GAC. More parking lots at
Kampong Kayu Road.

FIND US FROM THE NEAREST TRAIN STATION!