

List of Strengthening Families Programme (FAM), Private Counselling Agencies and Muslim Marriage Support Agencies

More info on the services and programmes offered can be found [here](#).

FAM centres:

S/N	Centre	Marriage	Divorce	Family Counselling	Contact Details	Address
1	Strengthening Families Programme (Fei Yue)	✓	✓	✓	Tel: (65) 6235 5229/9072 9698 Email: FAM@fycc.org	Block 281 Choa Chu Kang Avenue 3 #01-348 Singapore 680281
2	Strengthening Families Programme (Care Corner – Tampines)	✓	✓	✓	Tel: (65) 6258 0020 Email: FAM.TM@carecorner.org.sg	Block 287 Tampines Street 22 #01-366 Singapore 520287
	Strengthening Families Programme (Care Corner – Eunos)		✓	✓	Tel: (65) 6258 0020 Email: FAM.EN@carecorner.org.sg	Block 21 Eunos Crescent #01-2983 Singapore 400021
3	Strengthening Families Programme (Care Corner - Woodlands)		✓	✓	Tel: (65) 6978 4090 Email: FAM.WL@carecorner.org.sg	Block 786B Woodlands Drive 60 #01-97 Singapore 732786
4	Strengthening Families Programme (Allkin)		✓	✓	Tel: (65) 6038 4200 Email: FAM@allkin.org.sg	Block 466 Ang Mo Kio Avenue 10 #01-1034 Singapore 560466
5	Strengthening Families Programme (Thye Hua Kwan)		✓	✓	Tel: (65) 6357 9188 Email: FAM@thkmc.org.sg	Block 54 Commonwealth Drive #01-566 Singapore 142054
6	Strengthening Families Programme (Montfort Care)		✓	✓	Tel: (65) 6399 1800 Email: FAM@montfortcare.org.sg	Block 28 Telok Blangah Rise #01-219, Singapore 090028

7	Strengthening Families Programme (Methodist Welfare Services)		✓	✓	Tel: (65) 6330 1080 Email: FAM@mws.sg	Block 615 Hougang Ave 8, #01-402 Singapore 530615
8	Strengthening Families Programme (Kampong Kapor Community Services)		✓	✓	Tel: (65) 6485 4770 Email: FAM@kkcs.org.sg	Block 351 Jalan Besar #03-05 Reliance Building Singapore 208988
9	Strengthening Families Programme (Lakeside Family Services)		✓	✓	Tel: (65) 6991 3003 Email: FAM@lakeside.org.sg	Block 302 Jurong East Street 32 #01-22 Singapore 600302
10	Strengthening Families Programme (TRANS Family Services)		✓	✓	Tel: (65) 6547 0338 Email: FAM@trans.org.sg	Block 133 Bedok Reservoir Road #01-1205 Singapore 470133
11	Strengthening Families Programme (PPIS)		✓	✓	Tel: (65) 6745 5862 Email: FAM@ppis.sg	Block 41 Chai Chee Street #01-16 Singapore 461041

Private Counselling Agencies:

S/N	Centre	Marriage	Divorce	Family Counselling	Contact Details	Address
12	Incontact Counselling & Training			✓	Tel: (65) 9134 8147 Email: admin@incontact.com.sg	7 Maxwell Road, #04-04, Annexe B, MND Complex Singapore 069111
13	Singapore Counselling Centre			✓	Tel: (65) 6339 5411 Email: counselling@scc.sg	51 Cuppage Rd, #03-03 Singapore 229469

Marriage Support agencies for Muslim marriages:

Provides marriage support for Muslim couples who are minors (either or both parties aged 18 to below 21) and with young grooms (groom aged 21 to below 25, bride 21 and above).

S/n	Centre	Contact Details	Address
1	INSPIRASI@AMP	Tel: (65) 6416 3960/6416 3961 Email: helpliners@amp.org.sg	1 Pasir Ris Drive 4 #05-11 Singapore 519457
2	INSPIRASI@PPIS	Tel: (65) 6561 1049 Email: inspirasi@ppis.sg	Block 322 Bukit Batok Street 33 #01-16 Singapore 650322
3	PPIS Vista Sakinah	Tel: (65) 6891 3090 Email: vistasakinah@ppis.sg	Block 549 Woodlands Drive 44, #01-86 Singapore 730549

Annex

Programme information:

Marriage Support

a. Early Marriage Support (EMS) Programme

- Marriage preparation and support programme for civil minor couples (where one or both parties are aged 18-below 21 years) and young couples (groom aged 21-below 25 and with bride aged 21 years old and above). The marriage preparation programme is mandatory for minor couples to attend before applying for marriage.
- Comprises one-to-one consultations, group marriage education workshops, and post-marriage peer support, to help couples to understand each other and to equip them with practical skills to build strong marriages.

b. Transnational Family Support Programme (TFSP)

- Marriage preparation and marriage support programmes are tailored for transnational couples.
- Covers key issues such as roles, expectations, conflict management and communication, with a cross-cultural context, and integration into Singapore society. Programme materials are provided in multiple languages, i.e. English, Chinese, Malay, Tamil, Thai and Vietnamese.

- Couples are invited to join a friendship programme which provides buddy pairing for up to 2 years to further support couples in their integration and marital stability through social activities and family life education. Those who require more support will be referred to relevant programmes and services e.g. parenting programmes, financial assistance.

c. [INSPIRASI Hubs for Early Muslim Marriages](#)

- Marriage preparation and support programme for Muslim minor couples (where one or both parties are aged 18-below 21 years) and young couples (groom aged 21-below 25 and with bride aged 21 years old and above). The marriage preparation programme is mandatory for minor couples to attend before applying for marriage.
- Comprises services for minor and young Muslim couples, including marriage preparation and enrichment, peer support, casework and counselling and referral services, and support for parents of young couples.

d. [Vista Sakinah for Remarriages and Stepfamilies](#)

- Remarriage preparation and support for Muslim remarrying couples and stepfamilies, where one or both parties have at least one dependent child (below 21 years of age).
- Comprises services for remarriages and stepfamilies, including marriage preparation and enrichment, support groups, casework and counselling and referral services. Children's programmes are also offered to support children adapt to the new family and thrive.

Divorce Support

a. [Mandatory Co-Parenting Programme \(CPP\)](#)

- To better support divorcing couples in making informed decisions that prioritise the well-being of their children, CPP consists of 2 components: e-learning and 1 to 3 consultation session(s) with a counsellor, which can be attended individually or with spouse. Each session may take more than an hour, and the counsellor will assess the number of CPP sessions to attend at the end of the first session.
- CPP is mandatory for all couples filing for divorce, if they have children below 21 years old. For more information, please visit the [FAQs](#) and the [CPP application process](#).

b. [Children-in-Between \(CiB\)](#)

- Evidence-based programme for parents and children.
- Parental component equips parents with skills to improve co-parenting cooperation for better child outcomes.
- The child component equips children with skills to cope with their feelings of being caught in the middle of parental conflicts. It is suitable for children aged 6-14 years old.

c. **Supervised Exchange and Supervised Visitation (SE/SV)**

- Interim measure to help highly acrimonious families manage difficulties over child access matters by providing a safe platform for access.
- This programme is strictly for court-ordered cases only
- Only available at FAM (Allkin), FAM (Care Corner -Eunos) and FAM (THK)

Family Counselling Support

a. **Family Counselling**

- Counselling service for various family relationship issues such as marriage, divorce, parent-child relationship, and those relating to ageing and extended families.
- Families with more complex needs beyond family relationship, such as housing, employment and health issues, will be referred to FSCs for more holistic case management.

b. **Online Counselling on Family Assist (OCFA)**

- Online counselling service is an anonymous platform for individuals experiencing pre-marital, marital, parenting, divorce and family-related issues. The service is accessible at [OCFA](#).

Other Relevant Service

a. **[Family Assist](#)**

- An online resource portal for couples seeking to strengthen their marriage amidst challenges, or who are considering divorce.
- The portal consolidates information on pertinent issues (such as co-parenting and the impact of divorce), tools to enable couples to pause and reflect, and resources for couples to seek help both online and offline.