

Smiling Through the Rain: Optimism in the Face of Hardship

29 August 2009 (Saturday), 1.30pm – 5.00pm

A Public Forum organised by



Loving Hearts, Beautiful Minds

PROGRAMME		DURATION	SPEAKER
1.30 pm	Registration		
2.00pm	Opening and Introduction to Optimism and Resilience	15min	Dr Chua Tze-Ern Registrar Department of Community Psychiatry Institute of Mental Health
2.15 pm	Recognising Signs & Symptoms of Potential Psychological Problems	30min	
2.45 pm	How to Remain Positive in Times of Hardship	30min	Ms Muriel Lin Clinical Psychologist Department of Psychology Institute of Mental Health
3.15 pm	Tea Break	30min	
3.45 pm	Equipping yourself with the Right Resilience Skills	1 hr	Ms Chan Lay Lin Principal Medical Social Worker Department of Medical Social Work Institute of Mental Health
4.30 pm	Questions & Answers	30min	
End of session			

Registration fee is at \$10 per person. Pre-registration is required as places are limited.

*Crossed cheque made payable to "Institute of Mental Health" and mail it to:

Sharon Lai
Mental Health Education
Institute of Mental Health, 10 Buangkok View, Singapore 539747

Please write your name, contact number and mailing address on the reverse side of the cheque. A receipt will be mailed to you upon receiving the cheque. Please do NOT send cash.

Registration: 6389 2831 / 2832 / 2833

Email: mhe@imh.com.sg

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