



# CAN3

## YOUTH MENTAL HEALTH PROGRAMME

Supporting your mental health needs

We provide a safe space for youths to bond, engage in meaningful activities and find support.

### Suitable for 适合



Youths aged 13 to 17 years old

### Programme 节目

- Support group
- Safe space with facilitation
- Games and activities

### Location 地点


- Blk 242 Hougang St 22 #01-93  
Singapore 530242

### Schedule 时间表

- Please contact us for schedule

## How to Register

 Email [anthonygoh@bcare.org.sg](mailto:anthonygoh@bcare.org.sg)

 Call 6340 4163