

22 September 2021

MEDIA RELEASE

Family Mental Wellness Takes Centrestage in Webinar Jointly Organised by AMP Singapore and the Centre for Fathering

1. The pandemic has caused unprecedented stress globally, including in Singapore, leading to a rise in the number of people seeking mental health support. Parents and their children are not excluded from the negative effects of this stress, yet family mental wellness is an important factor in building strong families. In order to equip parents with the knowledge to promote and improve mental wellness in the family, AMP Singapore and the Centre for Fathering (CFF) will be organising a parenting webinar titled, ***Supporting Your Family's Mental Wellness***, on **Saturday 25 September 2021 at 11am on Zoom**. The webinar, which is supported by the Health Promotion Board, is also aimed at empowering parents to build a supportive eco-system for positive family functioning. The event programme can be found in the Annex.
2. The Guest of Honour for the event is Ms Rahayu Mahzam, Parliamentary Secretary for the Ministry of Communications and Information, and Ministry of Health.
3. Two guest speakers, Dr Bibi Jan Md Ayyub PBM, BBM (L), and Mr Md Haikal Jamil, will be sharing their insights on parenting and mental wellness at the webinar. Dr Bibi Jan will address aspects of mental wellness in the family, as well as potential childhood trauma or adverse childhood events that could affect a well-functioning family. Mr Haikal will share on the general role of parents in the shaping of good mental health for their children from young, and in particular, the positive and unique influence of fathers in this. The profile of the speakers can be found in Annex 2.
4. "Mental health wellness has become an important and urgent issue that needs to be addressed arising from the stress that was accelerated and made evident by this pandemic.. As such, it is critical that we have knowledge sharing sessions such as this webinar to equip parents with good practices to promote mental wellness among themselves and their children. With this, they are better placed to build a stronger and mentally healthy family," said Mr Mohksin Rashid, Executive Director of AMP Singapore.
5. "The COVID-19 pandemic has taken an emotional toll on families. It is imperative that families identify stressors and support one another through this challenging season. This seminar highlights the importance of placing our family's mental well-being as a priority, especially that

of our children's, instead of focusing on academic results or other achievements. Dads and Mums need to work closely together to give their children the support they need so that they can develop into resilient and participative citizens as they learn to cope with life's challenges," said Mr Bryan Tan, Chief Executive Officer of Centre for Fathering, DADs for Life and MUMs for Life.

6. The annual Parenting Seminar is organised by AMP Singapore and the Centre for Fathering in conjunction with the Malay/Muslim Fathering Month (*Bulan Kebapaan*) in September. The Malay/Muslim Fathering Month is an initiative by the Centre for Fathering (CFF) and Bapa Sepanjang Hayat (BSH) aimed at encouraging active fathering among Malay/Muslim fathers. Through the seminar series, AMP and CFF hope to equip more fathers and parents with relevant parenting skills to support the parenting journey of the Malay/Muslim parents, while strengthening family and marital relations to build stronger families in the long run. This is the first year that the seminar is conducted digitally and for free.

END

**PARENTING WEBINAR 2021:
SUPPORTING YOUR FAMILY'S MENTAL WELLNESS
Saturday 25 September 2021**

PROGRAMME

- 11.00 am Opening Remarks
- 11.05 am **Speech by Guest of Honour**
Ms Rahayu Mahzam
Parliamentary Secretary
Ministry of Communications and Information
& Ministry of Health
- 11.20 am **Sharing Session**
Dr Bibi Jan Md Ayyub PBM, BBM (L)
Honorary Member, Club HEAL,
Parent Educator & Social Activist
- Mr Md Haikal Jamil
Senior Clinical Psychologist
ImPossible Psychological Services
- 12.20 pm **Question and Answer Session**
Moderated by Mr Zahrin Abdullah
Chairman, Education Committee
Bapa Sepanjang Hayat
- 1.00 pm End

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PROFILE OF SPEAKERS



Dr Bibi Jan Mohd Ayyub, BBM (L) has been teaching in Singapore for more than two decades. As an educator and counsellor, she has worked with many youths and their families to address a variety of issues. She was a former President of the Singapore Malay Teachers' Union. Due to her contribution and outstanding achievement in union work, she was awarded the Comrade of Labour Award by NTUC in May 2005. As a social activist, she has also been an active member of various committees in the governmental and non-governmental organisations such as Thye Hua Kwan Moral Home, MSF, MITA, MDA, MUIS, Jamiyah and MENDAKI. For her extensive involvement in community work, she was conferred the Public Service Award in 1987, the Public Star Award in 2006, and the Public Service Star (Bar) in 2017. She holds a Doctor of Education from the University of Durham, UK and a Master of Education from the National University of Singapore. She has also obtained her second Master of Guidance and Counselling from James Cook University.



Md Haikal Jamil is a Senior Clinical Psychologist at ImPossible Psychological Services. He received his Master's degree at the National University of Singapore (NUS), under a full scholarship awarded by the National Council of Social Service (NCSS). Prior to joining private practice, he had gained more than seven years of experience in both hospital and social services settings. His clientele ranged from individuals who needed psychosocial support to cope with their circumstances, to individuals who faced economic and social challenges in overcoming longstanding mental health issues.