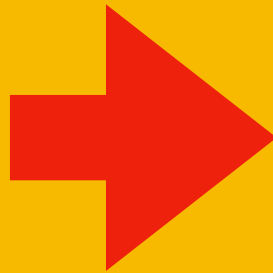


**BOOKMARK  
THIS LINK:P**



**EASE**  
COVID MIGRANT SUPPORT COALITION  
கோவிட் குடியேறியவர்களுக்கான ஆதரவு கூட்டணியை  
கோய்டு ப்ரவாசி சமர்தன் ஜோட்

# **YOUR LITTLE GUIDE TO WELLNESS RESOURCES**



**Updated 29 July 2020**

# **ABOUT US**

**HI FRIEND!**

**WE ARE THE MENTAL HEALTH  
AND ENGAGEMENT TEAM  
FROM COVID MIGRANT  
SUPPORT COALITION.**

**WE COMPILED SOME  
ACTIVITIES AND RESOURCES  
FOR YOU TO HAVE A LOOK.**

**SEE YOU IN SOME OF OUR  
ACTIVITIES!**



# OUR WEBSITE

FOLLOW OUR WEBSITE FOR RESOURCES

[sgmigrant.com](http://sgmigrant.com)



## Home Page

COVID-19



NEED HELP?



EDUCATION



WELLNESS



RECREATION



# OUR WEBSITE



## OUR WELLNESS MODULES

(English) <https://www.sgmigrant.com/en-wellness>

(Tamil) <https://www.sgmigrant.com/ta-wellness>

(Bengali) <https://www.sgmigrant.com/bn-wellness>

(Chinese) <https://www.sgmigrant.com/ch-wellness>



**FEELING STRESSED, OR WORRIED OR  
HAVING DIFFICULTY SLEEPING?**



**KNOW WHEN YOU ARE FEELING STRESSED  
AND TAKE CARE OF YOURSELF.**



**LEARN SOME WAYS THAT YOU CAN  
MANAGE STRESS.**



**LET US TRY SOME DEEP BREATHING  
AND MUSCLE RELAXATION**



**"I FEEL LIKE SLEEPING AFTER MUSCLE  
RELAXATION, TRY IT FOR YOURSELF"  
-BILLAL, A PARTICIPANT**

**CHECK OUT OUR WEBSITE FOR OUR  
WELLNESS MODULES!**





**TUNE IN TO MUSICAL WEBISODES CREATED FOR YOU BY SINGAPOREAN MUSICIAN, SHABIR**

**WATCH HERE**

<https://tinyurl.com/lettersweb1>



## *Letters: Shabir x the Teng Ensemble*

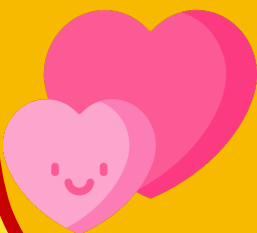
**FEATURING POEMS BY TAMIL POET  
BHARATHIYER WITH THE TENG ENSEMBLE**

**TAMIL  
WITH  
ENGLISH  
SUBTITLES**



**BRINGING TO YOU A JOURNEY OF HOPE, RESILIENCE  
AND COURAGE THROUGH POEMS AND MUSIC.**

**SEND IN VIDEOS OF YOU SINGING YOUR FAVOURITE  
POEMS AND SONGS TO [HTTP://M.ME/SGWEPALS](http://m.me/sgwepals) OR  
[HTTP://M.ME/SINGAPOREMIGRANTFRIENDS](http://m.me/singaporemigrantfriends)**





**TUNE IN TO MUSICAL WEBISODES CREATED  
FOR YOU BY SINGAPOREAN MUSICIAN, SHABIR**

**WATCH HERE**

<https://tinyurl.com/lettersweb2>



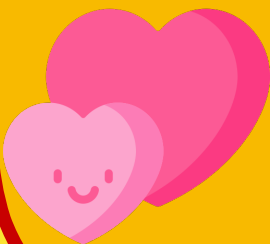
***Letters: Iman Chakraborty x Jeremy Monteiro***

**FEATURING POEM BY RABINDRANATH TAGORE**

**BENGALI  
WITH  
ENGLISH  
SUBTITLES**



**SPECIAL  
POEM BY  
SHARIF  
UDDIN**



**BRINGING TO YOU A JOURNEY OF HOPE, RESILIENCE  
AND COURAGE THROUGH POEMS AND MUSIC.**

**SEND IN VIDEOS OF YOU SINGING YOUR FAVOURITE  
POEMS AND SONGS TO [HTTP://M.ME/SGWEPALS](http://m.me/sgwepals) OR  
[HTTP://M.ME/SINGAPOREMIGRANTFRIENDS](http://m.me/singaporemigrantfriends)**

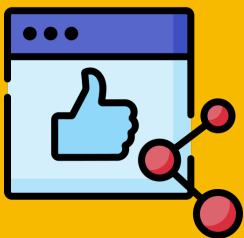


# **WANT TO BE FRIENDS?**

**SIGN UP FOR WEPALS. MESSAGE US AT:**



**<https://m.me/sgWePals>**



**LIKE OUR FB PAGE:**

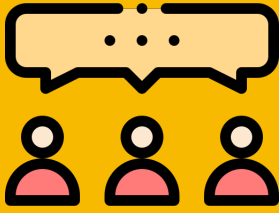
**[HTTPS://WWW.FACEBOOK.COM/SGWEPALS/](https://www.facebook.com/sgwepals/)**  
**AND SHARE WITH YOUR FRIENDS!**

# JOIN OUR LANGUAGE EXCHANGE COMMUNITY!

JOIN FOR WETALK! FILL UP FORM AT:

<https://tinyurl.com/cmscwetalk>

COME TOGETHER TO LEARN LANGUAGES  
SUCH AS ENGLISH, CHINESE AND BENGALI,  
FROM EACH OTHER.



WE CONNECT VIA  
WHATSAPP  
AND THROUGH  
GAMES TOO!



# WANT TO MAKE A CARD FOR A LOVED ONE?

CREATE BEAUTIFUL E-CARDS AND  
SEND THEM. GO TO

<https://tinyurl.com/cmscecard>

1

CHOOSE YOUR  
FAVOURITE CARD  
DESIGN



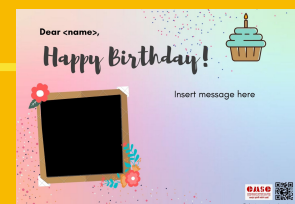
TYPE YOUR  
MESSAGE

2



3

ADD YOUR PHOTO



4

RECEIVE THE  
COMPLETED E-CARD  
VIA WHATSAPP



TELL ALL YOUR FRIENDS SO THEY CAN SEND E-  
CARDS TO THEIR LOVED ONES TOO!

HAVE A QUESTION? CONTACT US AT  
[AMANDACKL20@GMAIL.COM](mailto:AMANDACKL20@GMAIL.COM)

# WANT TO RELAX?

**JOIN THE RELAX GROUP BY ART OF LIVING**

<https://www.facebook.com/groups/liketorelax/>

or enter our Whatsapp groups  
(tamil) <https://tinyurl.com/relax140>  
(bengali) <https://tinyurl.com/relax110>  
(chinese) <https://tinyurl.com/relax120>  
(hindi) <https://tinyurl.com/relax130>



**RELAXATION SESSION WILL INTRODUCE  
SECULAR BREATHING TECHNIQUES AND LIGHT  
STRETCHES, TO REDUCE STRESS AND ANXIETY  
DURING THIS PERIOD. TAUGHT BY EXPERIENCED  
ART OF LIVING TEACHERS.**



**NO MAT NEEDED.  
JUST BRING YOURSELF!**

# **JOIN US ON SOCIAL MEDIA!**

**LOOK OUT FOR THESE EXCITING CONTENT!**

## **SHOW & TELL**

**JOIN US IN OUR UPCOMING  
'SHOW AND TELL' ACTIVITY  
ON FB GROUP WHERE YOU  
CAN SUBMIT PICTURES AND  
SHARE YOUR UNIQUE STORY  
WITH EVERYONE!**



**AND MANY MORE ACTIVITIES  
COMING UP AS WELL!**



# JOIN US ON SOCIAL MEDIA!

STAY IN TOUCH WITH US!



<https://www.facebook.com/groups/sgmigrantfriends/>

for our facebook group



<https://www.facebook.com/singaporemigrantfriends/>

for our facebook page



JOIN US BECAUSE WE  
LOVE TO HEAR FROM  
YOU!



**BOOKMARK  
THIS LINK:P**



**SEE YOU SOON <3**