



Catholic
Family Life

Programmes & Services



*The Lord's
presence dwells in
real and concrete
families, with all
their daily
troubles and
struggles, joys
and hopes.*

Amoris Laetitia 315

Our Vision

Hopeful and courageous
communities upholding
the dignity of human life
according to God's plan

Our Mission

To Form, Empower and Restore
individuals, married couples and
families in every stage of life
so all may flourish
in the intimate love of God

*Our
Logo*



**Catholic
Family Life**

The family surrounds the Cross, which highlights the sanctity of the family unit as Jesus has taught us. Christ is rightly placed in the centre of family life, from which the fullness of love and joy from Christ flows to the family.

Their outstretched arms reflect how the family is fully alive when they share a strong bond, as depicted by the blue ribbon. Because of the love they share, each member is empowered to lead a vibrant, wholesome and fulfilling life while retaining their God-given unique identity as depicted by their respective colours.

This logo also looks like a burning flame, which shows how families, while grounded on the flames of Christian truths and values, are a source of light to the world.

May we never lose heart because of our limitations,
or ever stop seeking that fullness of love and
communion which God holds
out before us.

Amoris Laetitia 325

Marital & Family Therapy Child & Adolescent Therapy

Our therapists support individuals
with a wide range of concerns.



6488 0278



bit.ly/cfl_appointment

Pro-Bono Counselling Services

Need a listening ear?
Pro-bono counselling is
available at 13 locations.



6631 8963



cpc.familylife.sg

Education includes encouraging the responsible use of freedom to face issues with good sense and intelligence. It involves forming persons who readily understand that their own lives, and the life of the community, are in their hands, and that freedom is itself a great gift.

Amoris Laetitia 262

Programmes & Talks

At whatever stage of life you are,
we want to journey with you.

Our talks and programmes aim
to form you as a family member,
friend, spouse and parent.

With these tools and insights,
we wish to empower you
to build key relationships
in your life and help you
to flourish and lead a
fruitful and fulfilling life.




6488 0278



education@familylife.sg



familylife.sg/Form



Mothers are the strongest
antidote to the spread of
self-centered individualism.
It is they who testify
to the beauty of life.

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Pregnancy Crisis & Support

journeys with women who face an unplanned pregnancy, offers hope through the options and support available and lovingly accompanies them to walk out of this difficult period making the best decision for all the lives involved.



6339 9770



9126 9061



pregnancycrisis.sg

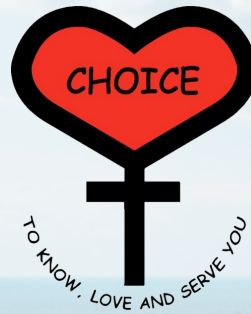


Our Affiliates & Associate

UPDATED OCTOBER 2021

SINGLE AND DISCERNING

CHOICE



Choice Singapore is a community that seeks to walk with young adults to choose wisely at life's crossroads, in their yearning to love well, in their relationship with God, to make a difference to others, and to know that even in our human frailty, our Father knows we are good, we are enough.

Website: choice.org.sg

Email: registration@choice.org.sg

PREPARING FOR MARRIAGE

**CATHOLIC
ENGAGED
ENCOUNTER**



A couple-centric ministry that strives to help couples discover themselves and live out the call to be one in the Sacrament of Holy Matrimony as a life-giving and lifelong commitment.

**Website: ceespore.sg
Email: ceespore-pr@catholic.org.sg**



PREPARING FOR MARRIAGE

MARRIAGE PREPARATION COURSE



*His Love Is Made
Perfect In Us*

The Marriage Preparation Course is a Catholic programme which was formed in 1983 to help couples intending to marry. MPC assist couples to prepare meaningfully for their married lives together as husband and wife, as future parents and as members of our Christian community.

Website: mpcsingapore.com
Email: MPCSingapore@gmail.com



PREPARING FOR MARRIAGE

NATURAL FAMILY PLANNING



Natural Family Planning help couples to plan their families and strengthen marital bond through a greater awareness of the couple's fertility using the Billing's Ovulation Method (BOM). We hope to build a community of NFP users who can help one another journey along in this knowledge and practice of the method and to build strong marriages and families.

Website: naturalfamilyplanning.sg
Email: enquiry@naturalfamilyplanning.sg



MARRIAGE ENRICHMENT

COUPLE EMPOWERMENT PROGRAMME



Couple Empowerment Programme seeks to establish a post marriage catechesis for young married couples on the Catholic Church's teaching on marriage and family, developing life skills and effective parenting and faith formation. These are conducted and directed at Parish communities to establish a parish formation and supportive infrastructure for all couples serious about enhancing marriage and family life.

Website: cep-sg.org
Email: goto_cep@hotmail.com

MARRIAGE ENRICHMENT

WORLDWIDE MARRIAGE ENCOUNTER



Marriage Encounter is for married couples who want something more in their marriage ~ more spontaneity, excitement, communication, understanding, romance, intimacy, passion, joy. Couples as young as 2 years married and as old as 50 years married have come for Marriage Encounter and benefited from it.

Website: wwmesg.org
Email: mewkend@gmail.com

MARRIAGE ENRICHMENT

COUPLE MENTOR JOURNEY



CMJ programme is a parish-based programme that integrates contemporary relationship psychology with Catholic theology, offering an effective and powerful experience for newly married couples. Learn from the joys and challenges of more experienced married couples, be challenged to live an authentic love relationship centered on Christ, and build a firm foundation for your new life together.

Website: cmj.sg
Email: cmjjourney@gmail.com

MARRIAGE REDISCOVERY

RETRouvaille

The word Retrouvaille (pronounced re-tro-vi with a long i) is a French word meaning "rediscovery".



The program offers tools needed to rediscover a loving marriage relationship.

The main emphasis of the program is on communication in marriage between husband and wife. It will give you the opportunity to rediscover each other and examine your lives together in a new and positive way.

**Website: familylife.sg/CommunitytoSupport
Email: retrouvaille.singapore@gmail.com**





GRIEF AND LOSS

PIETA



A community of bereaved parents uniting in faith and providing support to seek God's comfort, hope and wisdom on their healing journey.

**Website: pietasingapore.org
Email: pieta.singapore@gmail.com**



GRIEF AND LOSS

**BEGINNING
EXPERIENCE**



A peer ministry for those who have lost a spouse through death, divorce or separation. Turn the pain of loss into an experience of positive growth.

**Website: besingapore.com
Email: beginningexperiencesg@gmail.com**



GRIEF AND LOSS

**CATHOLIC DIVORCE
SUPPORT GROUP**



We are a Christ-centred support group that is committed to bringing hope and healing to those who have experienced the pain and loneliness of a broken marriage.

**Website: familylife.sg/RestoretoFlourish
Email: catholicdivorce.sg@gmail.com**

JOURNEYING WITH FAMILIES

**COUPLES
FOR
CHRIST**



Couples for Christ is a worldwide family renewal ministry, whose mission is to renew and build strong Christian marriages and families within the parishes where it is present. CFC is called to bring the Lord's strength and light to those who are struggling to be truly Christian families in the modern world. It's vision is to have families in the Holy Spirit renewing the face of the Earth. Its two-fold mission is to build the Church of the Home and to build the Church of the Poor.

Website: couplesforchrist.org.sg

Email: cfc@catholic.org.sg

CALL US

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**CONNECT
WITH US**

