

..I AM FREE...

VOICES OF WOMEN
IN RECOVERY





Women In Recovery Association

was established in 2006 to provide aftercare services and programmes to women recovering from drug abuse. It also provides support to family members of the women released from prison as well as other women recovering from drug related problems.

WIRA is a registered charity offering services to all women regardless of ethnicity or religion.

OUR OBJECTIVES:

- To help recovering female drug ex-offenders rehabilitate and reintegrate into the society.
- To provide support to them and their families through alternative educational and training assistance.
- To grow an alumni of WIRA 'graduates' able to provide support and inspiration to each other as well as other recovering women.
- To impart educational and life skills such as family life education, good parenting workshops, vocational skills training, including for their children.

OUR SERVICES

- ❖ Briefings - Conducted twice a month at Changi Women's Prison to inmates just prior to their release, on family, work and other issues they might face upon release and introduce programmes and services of WIRA that could be helpful to them.
- ❖ Support Groups – Women in recovery meet to discuss and share common issues and concerns, and give support to each other in their recovery journey.
- ❖ Home visits – Provide better understanding of family situations and give support to women who are not able to attend follow-up sessions for various reasons
- ❖ Group and family outings – Provide 'recreation and respite' for the caregivers and help build positive 'memories' for their children who may lack such experiences due to the incarceration of their parents.
- ❖ Special talks and workshops – Provide information and resources to promote health, motivational and other life skills

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Any cheque payments to be made payable to :

'WIRA ASSOCIATION' or

Via fund transfer : Bank : Maybank Bank code : 005

Account number : 04051059860

MESSAGE FROM WIRA'S PATRON ASSOCIATE PROFESSOR FATIMAH ABDUL LATEEF

This booklet has been prepared as part of a series of activities to commemorate the 10th anniversary of the Women in Recovery Association (WIRA). The aim is to create more public awareness of the challenges facing women recovering from drug abuse.



The case stories in this booklet have been compiled from interviews conducted with members of WIRA who have remained drug free for two years or more after incarceration. In many instances, their journey has been riddled with pain, struggles and temptations. Through their trials, we also see their courage and tenacity to cope with adversity and to move forward to engage in more meaningful and productive roles within their family, community and society.

WIRA presents this booklet of the recovery experiences to help readers better understand and accept the plight of women recovering from drug-related issues. We hope to generate more public support for the after-care of former drug abusers.



We applaud and thank the 20 women who had the courage to share their experiences. Their names have been changed to protect their identities. It is our desire to encourage and inspire other women on a similar journey, and give our respondents a sense of achievement in helping others by sharing their journey.

As we move on in our lives, positive mindset, positive thinking and our internal drive and motivation are critical. I wish all our women strength and blessings in their endeavours.

Congratulations to WIRA on the 10th Anniversary and my wishes for more wonderful and great years ahead, serving our communities and changing lives..... even if it's one at a time.

PRESIDENT'S MESSAGE

ANG POH WAH



It has been 10 years since WIRA was registered as an association. It has to date 638 voluntary members who may or may not be former drug offenders.

WIRA's mission focuses on providing continuing support for women recovering from substance abuse and related issues. Recovery is a life-long process and relapse can be expected at any phase of the recovery journey.

Reduced to a dysfunctional state by years of drug-taking, many have struggled for years to be drug free. Yet many have failed, not for lack of trying but for a lack of a supportive environment or faced other setbacks. Thus, WIRA keeps an 'open door' policy whereby its members and others with drug related issues may avail of its preventive and continuing care services at any time.

In line with the government's initiative on drug control, WIRA aims to take pre-emptive action to break the cycle of drug abuse in families. Many members of WIRA are single mothers with young children. Due to their past incarceration, many of these children have been deprived of parental presence and care, often leading to problems of inter-generational drug abuse.



The evolving drug abuse situation and related poly-drug use over the years requires more in-depth interventions and professional input. To meet this need, WIRA will continue to provide its core group of volunteers with the necessary training to equip them with the needed expertise. WIRA will also collate information to build its membership profile so as to develop more targeted programmes.

WIRA's work over the last 10 years has been supported by many dedicated volunteers. It is especially noteworthy that the Association had been set up through the initiative of recovering women themselves. I wish to take this opportunity to express my deep appreciation to all the volunteers for their dedicated work in the challenging tasks of reaching out to our beneficiaries.

WIRA values and continues to collaborate with other organizations to achieve a more co-ordinated approach and better programme synergies. I wish also to thank all our collaborators for their valuable contribution through funds, in-kind assistance, time and other ways in support of the goals and work of WIRA.

..I AM FREE...

SUZANNA

Barely six weeks after her release from prison, Suzanna was back to serve a longer sentence. She had been caught again for drug taking.

This time Suzanna, now aged 54, was sure that there was no going back. Indeed, she has been free from drugs since 2010.

How did she do it? Suzanna revealed, “My stay at *Taman Bacaan*, a halfway house for ex-drug offenders taught me many life skills. I learnt to be disciplined and to focus on moving forward away from my past actions. The classes, schedule and staff at the halfway house taught me how to manage my time, stay organized and prioritize my objectives in order to lead a clean and good life.”

“I participated actively during the lessons, and on full release I joined the counselling sessions at the Women in Recovery Association (WIRA). I learnt to recognize and avoid the triggers that would lead me to take drugs again. Most importantly, I learnt that everything starts from the heart. If one is determined, then no problem! You may know all the methods to avoid triggers but if you do not have the heart and determination to stay away from drugs, you will still go back to the old ways.”

Suzanna has many challenges as a mother of 9 children. The eldest is now 36 years old while the youngest is only three. Two others were still incarcerated at the time of the interview. She lives in a neighborhood where there are many drug abusers, including youngsters. However with her own positive change and success, Suzanna shared, “I can talk to the youngsters about my past experiences and encourage them to stay drug free.”

Presently Suzanna is receiving funding assistance from the Community Development Council (CDC) as she had to stop working because of her skin condition.

She said with pride, “I currently spend time doing volunteer work at a neighbourhood residents’ committee. I am happy to be part of the Singapore mainstream again and be an example for others who are making efforts to be drug free.”

Suzanna has regained a sense of achievement and self-esteem.

“ ... you must have the heart
to stay away from drugs
in order to live drug free ... ”

NANTINI

Nantini, 52 years old, has five children and is a caregiver of two lovely grandchildren, aged 3 and 9 years. Her story is an inspiration to those wanting to break free from dependence on drugs.

She shared, “I was very determined to change, and this propelled me to do so. I attended the programs organized by the halfway house. I was very active and kept asking questions and searching for answers during the sessions.”

Nantini has achieved what she has determined – no more drugs!

What was her turning point? She explained, “After release from prison in 2005, I returned to my two-room flat. I opened the piles of letters on my kitchen table, mostly outstanding bills that my husband, who was also struggling with drug addiction, had not paid. I looked at the cigarette between my fingers and told myself ‘This is also money’. I threw the cigarette away and have not smoked since.

“I thought of ways to resolve my financial problems. I went to the CDC, *Majlis Ugama Islam Singapura* (MUIS) and WIRA for help. WIRA helped me a great deal to cope with my marital and children’s issues, while I stayed drug-free.”

With Nantini, staying drug-free is not an end in itself, but a continuous journey of survival and self-improvement. Drug-taking is no longer seen as an acceptable outlet to solve her problems.

THREE

KATIE

Katie, aged 44, was released from prison 15 years ago but had one relapse during a shaky marriage. She shared a critical experience that led her to finally turn around her life.

“I received the startling news that many of my friends had been sentenced to death by hanging for trafficking drugs. That made me appreciate that life is precious and that I needed to change before it was too late.”

Fear of death was the wake-up call for Katie. She said, “With no one to turn to, I sought help from WIRA and actively participated in the activities and counselling sessions. The counselling sessions were useful and gave me strength to keep my resolution to stay far away and be clean of drugs.”

She looks for other avenues of strength and solace whenever she feels down. As she reasoned, “I have only one life and hence, I must choose and fervently pursue good and righteous living. I therefore cannot be ashamed to ask for help in this important matter.”

Katie is now happily married with three children. She works as a part-time maid, spending precious moments of spare time with the children. She limits socializing with friends to the minimum.

FOUR

LINDA

Linda, 36 years old, has found work as a property sales agent and enjoys it very much. She excitedly shared, “The job provides me with opportunities to learn through meeting different types of clients and customers. I have learned organizational and planning skills and know now how to better manage my time and activities.

“The job has taught me to keep my eye on setting targets and goals and to focus on ways to achieve them. I have no time to meet up with friends who are still on drugs.”

Passion at work and active interaction with her colleagues have led her to a new direction in life.

Like many other drug takers, Linda was caught because a friend reported her to the authorities. But what made her want to change?

Linda said, “Visits to prison from my family and especially my sons stirred lots of heartaches, sadness and regrets whenever they took their leave. I started attending counselling sessions and began to realize that taking drugs is never a solution to problems but a path to self-destruction. Most of the counselling sessions were useful although some counsellors tended to nag too much and some sessions were boring.”

She added, “As a mother looking out for my children, I stopped clubbing and made more time to chat with my sons and listen to their daily activities and exchanges with friends.”

Linda’s story shows how family love, passion at work and societal acceptance can be a strong driving force for change.

ZEENAT

Zeenat, aged 32, is a proud mother of a growing child and has been successful in staying clean of drugs since 2012. She has also started giving back to society. Although she is currently unemployed she quickly shared, “I volunteer as a tuition teacher at a nearby Residents’ Committee. I spend time teaching needy children from the neighbourhood.”

When asked how she turned her life around, Zeenat said, “Realizing I am responsible for the care and upbringing of my only child spurred me on to stay clear of drugs. I also had a lot of support in my efforts from my siblings and counsellors. All these have given me the motivation, and courage to move on and change my life.”

Zeenat is now happily remarried and has regained her confidence and sense of self-esteem.

“
Giving back as a volunteer
”

DORIS

A filial daughter, Doris now 33, looks after her mother who suffered a stroke during the Ramadan month in 2015. She has successfully stayed clean of drugs since 2012 and lives a fulfilling family life with her children.

What was her turning point? Doris explained, “In prison, I began to reflect and deeply regretted my actions which had put me there. I could not look after my young school-going children. It was hard watching the children leave after each visit at the prison. I felt pangs of heartache, and failure as a mother. I realized the stupidity of being dependent on drugs. That really motivated me to seek various ways to break free and stay clean.”

What actions did she take for change after incarceration?

Doris shared, “I faithfully attended counselling sessions on ways to manage stress and live healthily. I also participated very actively during classes organized by religious groups. I was determined and made deliberate effort to cut off all contacts and links with friends who had introduced me to drugs and also kept away from all triggers.

“I was not ashamed to continue to seek advice and help from counsellors whenever temptations and triggers bothered me.”

These decisive actions and efforts have helped free her from drugs, enjoy a loving family and set a good example to her children and family. These thoughts were sufficient to keep her smiling in her journey to a better life.

KATRINA

Katrina's story also shows how maternal love can be a strong motivation for seeking new directions and turning one's life around.

Katrina, aged 36, has been free from drugs since 2010. She spoke of challenges along the way. She recalled, "I needed to have strong self control especially when friends contacted me to take drugs again. They tempted me by offering me free use and trials of the drugs. They even commented that 'returning to prison is good since you can get free food and lodging and need not worry about the cost of living'! But I determined to stay away, thinking of my children.

"Now I spend time coaching my children in their schoolwork and enjoy playtime with them. I am currently doing online retail business, and receive some financial help from welfare organisations."

“

Staying away from temptations

”

FLORENCE

Florence, aged 53, is also a single parent. A hardcore addict once, she has been free from her drug habit since 2013.

What spurred her change?

Florence revealed her strong maternal instincts when she said, “The desire to have access to my son was a driving force for my change. Whilst serving my term, I realized the risks of taking drugs and its impact on my family life. My son now lives with my ex husband.”

She added, “I felt strongly the pain of not being able to bring up my son and even contemplated suicide once. So I am really grateful for the constant support from my counsellors and family members. That has motivated me to keep clear of drugs and develop a positive attitude to life. I have learnt that I am not alone in this journey of change and I need to open up, ask questions and seek help in all matters.

Florence is willing to do all types of jobs to prove that she can work though she is a little sickly and unable to hold a long-term job. Nonetheless, she works whenever she can as an odd job cleaner to make ends meet.

She admits, “There are still many challenges such as the lure to take drugs again. But so far I have successfully resisted the temptations from friends.” She says with confidence, “I have learnt and am holding on strongly to the belief that I can change my lifestyle.”

JULAINA

It has been 10 years since Julaina, now aged 55, stopped taking drugs. However, from the start of her decision to stay 'clean' Julaina knew that she could not make it on her own.

She revealed, "I counted on the support of my family and friends. I also continued with my counselling sessions. Whenever I could not attend the sessions because of work commitments, I would not hesitate to call and share my problems or seek advice."

The day *teh tarik* saved her...

"A few years ago, I found out my husband was abusing drugs. I was very upset, as I thought we had a trusting relationship and a good life. I was angry, shouted vulgarities to myself, and decided that it was time for a beer!

I walked briskly to the neighborhood coffee shop and shouted, '*Teh tarik satu!*'

I was stunned to realize I had called out for tea instead of beer. When I thought of what had happened I was sure that had I drunk beer, it could have started me on a downhill road to drug dependence. Later, my counsellor suggested that an angel must be looking out for me!"

"Nowadays I keep my days full with work as an office cleaner and look after my grandchild. These activities opened up opportunities for me to learn interpersonal skills, interact with new friends and understand my roles and responsibilities in life."

Julaina hastened to add that religion also played a large part in sustaining the change in her life. She said, "I depend on my religious faith and draw spiritual strength from it to maintain the changes in my life."

TEN YEARS IN PICTURES...



*Briefings, Support Groups, Home visits,
Group and family outings, Special talks
and workshops*



ROSE

Rose, aged 35, has been leading a clean life since 2012. It has not been easy as friends were still waiting to influence her to resume taking drugs.

What was her turning point for change?

Rose said, “I have been very touched by the support of my aged parents while I was in prison. They visited me often and I will always remember their encouragement during those visits. Advice and loving words like ‘do not give up’, ‘accept what you did was bad and move on’, ‘we will always be here for you’, and similar words of support strummed the chords in my heart so much that I promised to make a difference in my life for them.”

And she has made it!

The power of parental love is the key to Rose’s sheer determination and grit to stay away from drugs. She has kept her distance from her past circle of friends. She is keen to lead a new life, is focused on her work, and spends whatever spare time she has with her parents over meals and outings.

A touching story of how the power of parental love can strengthen one’s will to make a difference!

“
the power of parental support
”

AMELIA

Amelia, aged 23, was caught for taking drugs because a friend told on her habit. She has served two prison terms but has been drug free since 2013.

A single young adult, Amelia was happy to share, “I now work happily as a receptionist at a hotel. I enjoy my job which keeps me busy and enables me to meet people from all over the world. The frequent interactions with them have given me opportunities to improve my communication and interpersonal skills.”

What was her turning point? Amelia revealed, “It was in prison that I realized how much my family meant to me. My father never gave up on me and his attitude made me seriously sit up and think about my future and my life. I realized all the pain I had caused my family and especially my father by taking drugs. I really missed them.

“I now keep busy with work and make strong effort to avoid friends who are still taking drugs. I have changed my mobile number so that these friends are not able to contact me.”

For Amelia, the support and love she received from her family during her terms in prison were most impactful on her. She is determined to turn her back on her past and gives priority to building good, healthy relationships with her family members.

WENDY

Wendy, now 22 years old, started taking drugs for relief when she felt stressed from her sales job and the pressure of having to meet sales targets. She recognizes now that taking drugs is not only illegal but also extremely harmful to health.

A single parent with two young kids, Wendy lives with her parents. She has remained drug free since June 2014.

Wendy explained, “My turning point came when I realized that I was pregnant during my second term in prison. The thought of not being able to be a good mother and role model to my young children gave me the shivers and I decided it was time to change.

“I receive constant family support and helpful advice to sustain my efforts to change. Through counselling, I learnt many ways to handle stress, including how to share my stress with my parents.”

While Wendy sometimes chats with friends of her past, she makes it a point not to go out with them. She has taken up a manicure and pedicure course and looks forward to future employment or starting a business in this area.

“
Staying Positive
”

SELENA

Selena is a single mother aged 37 years. She is currently unemployed and lives with her parents and siblings, helping out with household chores and caring for her child. She has been drug free for the past six years.

Selena shared, “I had a lot of time while in prison to think about my life and the time and opportunities I lost while serving my term. I began to set my sights on achieving new goals for my life and to prioritize my responsibilities. I vowed that I would never return to prison again.

“The support I received from my family was most important to me and that has driven my determination to stay free of drugs.”

However, she also admitted that she had many moments of insecurity and lack of confidence in her journey to stay drug free. She slowly learnt that “It was equally important to accept help and work with the family and other support systems to overcome any negativity. I needed to be persistent to move forward and cut off contacts with friends who are still taking drugs so as to avoid falling into any temptation.”

She said, “A strong driving force for my lifestyle change is my own willingness and determination to change”.

Selena’s experience shows that a critical force for change starts from one’s self-determination to change one’s situation in life.

RAHIMAH

Rahimah, in her fifties, was determined not to step on the wrong path and be separated from her family again. Her turning point was when she realized, “I did not want to serve any more time in prison after my release.”

To do that, she knew that she needed to remain healthy and keep a clear distance from drugs. She said, “Since my release from prison 3 years ago, I received a lot of help through attending counselling sessions and WIRA’s support group activities. Participating in these activities has kept me occupied and helped me build my self confidence and mental strength. I learnt to focus on gaining useful knowledge and life skills instead of dwelling on the past.”

Rahimah has remarried, leads a happy family life while taking care of her chronic health problems.

“
Drawing on spiritual faith
”

NELLIE

Nellie, now 46 years old, has been drug free for the past 16 years. She revealed “My turning point away from drugs came when I received news that my husband had been handed the death sentence by hanging for drug trafficking. I was still serving my prison term and that news jolted me to seriously think about my past life. I also realized I needed to give more time to care to my then pre-school children.

“I determined to be a good mother. Luckily my mother-in-law was very supportive in my efforts to change. Her love and support in taking care of my two young children were prime motivating factors giving me strength to change and move forward.”

Having seen how drugs had destroyed her family life, Nellie keenly shared some advice. “Young people need to seriously think of the consequences of taking drugs. Never give the excuse that it is ‘only for an experience’ because you will become hooked to the point of addiction. Keep close family ties and listen to advice from family members whose love is invaluable.”

Nellie has remarried and is working happily as a therapist. She is contented with her current healthy lifestyle and could not ask for more.

Nellie reminds us that the road down the drug taking habit can start with only ‘one experience’.

DIYANA

For the last five years Diyana, now 29, has stayed clear of drugs. She considers her freedom from drug-dependence a joy and something that she would not trade off for anything else.

What motivated her to stay free? “In prison I thought constantly of my husband and three children and these thoughts planted seeds of change in my life. I determined to work towards living a clean life on the straight and narrow path and be a good mother.”

How did she sustain the change effort? Diyana shared “I realized from the start that I would likely relapse if I was alone in this change journey. Hence, I sought and counted on the support and advice from family and friends. I also participated in WIRA’s activities. I found that WIRA is a good place to seek support from others who have been in the same predicament as me. I especially appreciate the group sessions.

“I must also mention the important booster I received from my spiritual faith.”

Diyana is now working as a part time administrator and programme coordinator.

YOLIN

Yolin has been drug free for 2 years though she had been in and out of prison four times in the past.

What was her turning point? Yolin admitted, “The prison terms gave me a lot of opportunity to reflect on my life. I weighed the pros and cons of living ‘clean’, enjoying family time and doing something meaningful with my life. Those searching moments helped me decide to break free from drugs and change my lifestyle.”

Yolin began to contact institutions and organizations that could help keep her free of drugs and stay healthy. She revealed, “In my determination, I built up the courage to face the challenges of change. I started attending courses, joining religious classes and participating in volunteer work. I needed to keep occupied with meaningful activities.

“I consciously cut off contacts with my old circle of friends and kept social life to the minimum. I realized that unhealthy social life was a waste of time and money. Instead I decided to invest my time and money to look after my recovery and own health needs.”

Not working at the moment, Yolin depends on the rental income from her house in Malaysia. She lives alone but keeps close ties with her son and his family.

Now that she is free from drugs, she could share “I have never been happier in my life.”

SHIRLEY

Shirley, aged 35, is grateful that her family, and society in general have given her a chance to reintegrate though they know of her past drug abuse. She is determined to lead a clean life from drugs and build her credibility.

She has been free from drugs since 2008. What was her turning point? She acknowledged, “For me, family support was a very strong factor in my journey to rebuild my life. Being able to constantly communicate with my family members, listening and opening up to them facilitated a smooth journey of change for me.”

She also recognized that friends have helped in her efforts to change.”I felt very encouraged by friends who would check on me and provide warmth and sincere care. I am especially grateful for the trust and faith placed on me by my boss whom I serve as secretary in a legal firm.”

Shirley is now happily married with a young child. She has shared her past openly with her husband. She said, “My husband’s unfailing support and acceptance of my past has been a great source of motivation to do well and be a good wife and mother.”

Her advice is, “We should not dwell on the past but set our goals on the future and move on.”

ZARIN

A proud Singaporean, Zarin has definitely earned her stripes as a person to look up to. She has remained drug free for over a decade – in fact, since 2003!

With sheer determination not to go back to prison again, she put her heart and soul to stay free from drugs. She resolved to inspire her own children and show them that living a clean and healthy life away from drugs is possible.

How did she manage her triggers and temptations?

Zarin said, “I avoided all contacts with friends who had introduced me to drugs. The counselling sessions taught me how to manage those triggers that would set me off on a craving for drugs. I was not ashamed or embarrassed to confide in the counsellors because I knew that I needed lots of support and help in this change process.”

She added, “I found a job as a cleaner at a condominium and was committed to do the best that I could at work. Happily the company appreciates my job performance and self discipline and I have now stayed with them for 5 years.”

She proudly noted, “Being able to stay on the job has given me confidence and a sense of security. I can chat with colleagues and condominium residents and am confident about looking after my family.”

JENNY

Jenny is 50 years old and continues her struggle to stay drug-free since her release from prison two years ago. Living alone, she occupies her time with work to avoid thinking about her children, who have grown up and lead separate lives.

Jenny admitted, “I struggle to stay drug-free by sometimes drinking alcohol to forget about my problems. I know this is not the right way, but I cannot help it at times. I promised myself I would not go back to my old (drug-taking) friends, so this is my way of coping. That’s why I prefer to spend long hours at work.”

Jenny said the support she receives from her befriender has been helpful during this period. She added, “I look forward to the support group sessions at WIRA as it allows me to share my worries and I feel better after attending each session.”

Her immediate goal is to complete her urine supervision, as she juggles her reporting days (for urine supervision) and work.

“
Live Well, Live Healthy!
”

STAYING DRUG FREE IN RECOVERY

The 20 personal stories depicted in this booklet highlight many factors that have enabled the recovering women to stay drug-free. The final story of Jenny also shows the reality of the struggles some face against being drug-dependent.

Below are some of the main influencing factors (not in any order of importance) that the women have shared about their journey to recovery and staying drug-free.

- Strong self-determination and motivation to change and turn from their past life, including avoiding persons with negative influences on them
- Strong support and love of the family
 - Visits from family members (parents, spouse and/or children) during incarceration;
 - Acceptance and continuing support by family members upon release
- Acceptance by friends and others, including employers who might know about their past
- Personal or family crisis
 - Arrest or death of a family member or friend due to drug abuse or trafficking;
 - Incarceration and separation from family members, especially their children
 - Recognition of the responsibilities of motherhood
- Community-based rehabilitation and aftercare services
 - Halfway house programmes that impart discipline and structure in their lives
 - Counselling support
 - Support groups of women in recovery

- Employment
 - Engages their mind and time meaningfully
 - Provides them a sense of self achievement
 - Increases their self-esteem and confidence
 - Improves their financial independence
- Religious faith
 - Provides them with a moral compass and serves as a guiding light
 - Gives them spiritual strength to keep up their resolve to be drug free
- Involvement in social and community services
 - Increases their sense of self-esteem when they can assist others as volunteers such as through residents' committees or tutoring
 - Promotes a 'give back mentality'
 - Engages their time and mind in meaningful activities

For many of the women depicted here, a combination of the above factors helped them achieve success in recovery.

If you are struggling to remain drug-free, we hope that the sharing here provides some inspiration to you to stay the course.

*If these women can do it... **you can be drug-free too** and even find other ways to empower yourself to sustain the change you desire to lead a clean life.*

VOLUNTEER RECRUITMENT

WIRA Association needs You to VOLUNTEER as Befrienders. If you feel you have the qualities to become a befriender to recovering women, please email us at wira_assn@yahoo.com.sg or Wataspp to 8339 7690.

We would like to express a BIG THANK YOU to the following organizations for their support :



And especially to :

Lee Foundation for its unwavering support for the past ten years!

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MP for Marine Parade GRC

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