

Restful Waters

Near Restful Waters You Lead Me, To Revive My Drooping Spirit.
(Ps 23:2-3)



Restful Waters is a place of healing and growth.

Rest awhile, leave refreshed and hope filled.

OUR VISION

Restful Waters is a place of healing and growth for individuals, families and groups from all races and religions who are seeking a deeper connection with self, others and God, to rest awhile, leave refreshed and hope filled.

OUR ETHOS

We believe in : Upholding the dignity of each person, nurturing the potential within each person, promoting a culture of life, peace and growth.

OUR CORE VALUES

Compassion, Confidentiality, Respect, Integrity, Hospitality, Simplicity, Life Giving

CORE PROGRAMMES

Prayer Companionship : Going through a transition time in your life? Loss in relationship, divorce, remarriage or personal crisis? Our prayer companion will guide you through an hour of prayer and reflection.

Individual, Couple and Family Counselling : Explore personal, relationship and family issues in a safe and confidential setting. Discover and develop positive ways of coping.

Caregiver Support Programme : Have you been carrying the load of caregiving for a loved one? Or are you a professional caregiver in a social service setting? Do you need respite or time out to rest and refresh yourself?

We offer you prayer companionship, counselling and a place to rest awhile.

CUSTOMISED PROGRAMMES

Throughout the year we conduct programmes for spiritual renewal and holistic development.

If you are interested to be on our mailing list for these and future programmes, please send in your name, address, age, email address, contact number to and areas of interest to : restful_waters@rocketmail.com

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