

Parents, do you find yourself wishing...

身为家长的你是否希望...

- You had someone else to look after your child some nights so you could care for yourself?  
偶尔有人帮你夜间照顾孩子让你可以宠一宠自己?
- You could take night courses to improve your chances of getting a better-paying job?  
可以上夜校自我提升, 提高寻获较高薪工作的机率?
- You and your children or spouse were closer and could talk about things that you both cared about?  
和孩子或另一半的关系更亲近, 能一起聊聊彼此感兴趣的话题?



**CareNights** is now offered  
at **Primavera Centre**.  
夜间托管服务现已在  
**Primavera Centre**推出。

**Address: 中心地址:**  
Blk 95 Bedok North Avenue 4  
#01-1415 Singapore 460095

**For more information** call 6285 1377 or  
email [CareNights@morningstar.org.sg](mailto:CareNights@morningstar.org.sg)  
欲知详情请致电 6285 1377, 或电邮  
[CareNights@morningstar.org.sg](mailto:CareNights@morningstar.org.sg)



**CareNights**  
@ Morning Star  
晨星之家夜间托管服务



**Respite**  
for parents  
**Care and Engagement**  
for children

父母得以短暂休息, 孩子获得妥善照顾

# CareNights

## @ Morning Star

### 晨星之家夜间托管服务

Respite for parents, care and engagement for children  
父母得以短暂休息，孩子获得妥善照顾

#### CareNights is offered to you if you are: 夜间托管服务为符合以下条件的家长而设:

- Single-handedly caring for children aged between 5 and 12 years;  
独自照顾年龄介于5至12岁的孩子;
- Working extra hours at night to meet the family's basic needs;  
需为支付家庭基本需要在夜间加班;
- Multi-stressed and need to refresh or rejuvenate after work hours;  
承受多种压力并需在下班后恢复精神与活力;
- Looking to increase your earnings by taking night courses;  
欲上夜校以增加收入;
- Caring for an ill family member in the day and children at night;  
日间得照顾生病家属及夜间得照顾孩子;
- Needing to spend time with your spouse to strengthen your marriage;  
需时间与伴侣单独相处以增进夫妻关系;
- Earning up to \$4,000 a month (gross) or have up to \$1,000 per capita income.  
家庭月入4000元或以下，家庭人均月入1000元或以下。



While you care for yourself, we will keep your children busy with fun activities at our Morning Star Centres. 在你照顾自己的当儿，孩子将会在晨星之家中心内忙于有趣的活动。

Here is what the schedule looks like: 夜间托管服务的活动表如下:

	Tuesday 星期二	Friday 星期五
6:00-6:30	Arrival 抵达中心	Arrival 抵达中心
6:30-7:00	Dinner 享用晚餐	Dinner 享用晚餐
7:00-8:00	Reading/Academic coaching (English, Science, Maths) 阅读/课业指导 (英语, 科学, 数学)	Reading/Academic coaching (English, Science, Maths) 阅读/课业指导 (英语, 科学, 数学)
8:00-9:00	Art Therapy/Movie or Music appreciation 艺术治疗/电影或音乐欣赏课	Dance/Speech & drama/Art & Craft/Sports clinic 舞蹈/演艺/手工艺/体育
9:00-9:15	Refreshment 享用茶点	Refreshment 享用茶点
9:15-9:45	Parents pick up 家长前来接孩子	Parents pick up 家长前来接孩子

\*Programme subject to change without prior notice 以上活动表可在不另行通知下更改

**Plus!** You will have a chance to join your children in parent-child bonding activities every two months and learn skills to bring the family closer.

此外，您可与孩子一同参加中心每两个月举办的亲子活动，一起学习新技能、增进家人关系。



**Interested?** Please speak with your case worker at the FSC, CDAC, MENDAKI, SINDA, the Eurasian Association, the Social Service Office near you or your child's school principal/counsellor.

**对此服务感兴趣吗?** 请与邻近家庭服务中心、社会服务中心华社自助理事、Mendaki、Sinda、Eurasian Association的个案负责人，或者与您孩子学校的校长或辅导员联络。**名额只限25位，请即刻报名!**