



O'JOY LIMITED
海悦辅导中心

OUR VISION

A world where individuals flourish emotionally and socially

OUR MISSION

We are dedicated to empowering individuals to navigate challenges, fostering hope and resilience, and unlocking their full potential, through comprehensive, holistic support that addresses their physical, emotional, and social needs.

CONTACT US

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SOCIAL MEDIA

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O'JOY 海悦辅导中心

INSTITUTE OF PUBLIC CHARACTER: 201805560D

O'Joy Limited is a non-profit organisation committed to improving the psychosocial well-being of seniors and adults. Through professional counselling, case management services and programmes, we hope to empower individuals and increase their resilience to cope with life's challenges.

OUR SERVICES



01 SERVICES FOR OLDER PERSONS

We provide services for persons aged 50 years old and above who may be experiencing the following issues:

- Grief and loss
- End of life concerns
- Loneliness/isolation
- Difficulty adjusting to changes
- Caregiver stress

Our counselling sessions are conducted in English, Mandarin or dialects.



02 MENTAL HEALTH SERVICES

We provide counselling for persons aged 18 to 49 years old, who may be facing these challenges:

- Mood disorders
- Anger management issues
- Trauma-related issues
- Grief and loss
- Difficulties with interpersonal relationships
- Stress-related issues



03 HEALTH-ORIENTED AGEING (HOA)

We conduct activities for seniors living in the Upper Boon Keng area. We work to improve their physical and mental health through a myriad of activities.

Conducted five days a week, the programme improves our participants' social lives by creating a community where they look out for one another.