



## 1. What is X-CITE?

X-CITE is a community-based wellbeing mentoring program to improve youth mentees' wellbeing and wellbeing skills. Mentoring will be done in small-group settings of 2 trained facilitators to 2-4 advocates, for 8 sessions. The content used during the program draws from leading research in wellbeing and positive psychology.

## 2. Who is CARE Singapore

CARE Singapore exists to help vulnerable young people find direction, hope and success. We employ a multi-dimensional approach that engages and empowers youths, schools, families and communities. Established in 1997 and appointed by NCSS as one of three Centers of Specialization, CARE Singapore excels in utilizing strengths-based approaches in designing programmes for youths. We have also recently been appointed as the SG Cares Volunteer Centre for Pasir Ris.

## 3. Who is the programme for?

This programme is for those who want to learn well-being skills/want to guide and befriend others through learning these skills.

## 4. How can I be eligible for the programme?

- a. Facilitators are aged 18 and above (2 compulsory training sessions to be attended)
- b. Advocates are ages 17 - 30
- c. Commitment of at least 6 out of 8 sessions (twice a month over 4 months)

## 5. What is in it for me?

- a. As a Facilitator, you will learn and impart facilitation skills, active listening, and habits from leading positive psychology and wellbeing research. Befriend like-minded people as you learn and develop leadership/guidance skills.
- b. As a advocate, empower yourself with well being skills and habits from leading positive psychology and wellbeing research. Experience and meet like-minded people as you participate experiential activities such as trauma-informed yoga and movement and escape room .

## 6. Can this be replaced as counselling services?

This program is not a replacement for counselling services or visiting a psychiatrist. We encourage you to seek professional treatment if you require it. You may also contact CARE to help direct you towards the appropriate channels





## **7. How frequently will the sessions be run?**

Two sessions per month over four months

## **8. Where and when will the sessions be held?**

Activities are in person and discussions can be held online.

- Venue of the activities will be informed beforehand

## **9. Attendance**

Commitment of at least 6 out of 8 sessions (twice a month over 4 months)

## **10. Are there any fees to attend this programme?**

This programme is completely free of charge

## **11. After completing the program as a advocate, will I be allowed to join the next cycle as a facilitator?**

Yes! In fact, we encourage advocates to join the following cycle as facilitators to experience being able to give back to the community and help out other youths in need.

## **12. How do I apply as a advocate?**

Do sign using this link: <https://tinyurl.com/xcitesg>