

THE FAMILY ZONE

@BUKIT CANBERRA

ABOUT FAMILY NEXUS @ BUKIT CANBERRA

Family Nexus (FN) @ Bukit Canberra is the first one-stop resource and wellness centre nestled in the Central and Northern heartland regions of Singapore, in support of the Ministry of Health's Child and Maternal Health and Well-being Strategy. FN provides a diverse range of programmes and services to support mothers, children and families. They are designed to ensure a holistic and supportive environment for families.





WOMEN'S HEALTH

COMPREHENSIVE APPROACH TO HEALTH & WELLNESS

1) Postnatal health:

- Expert guidance for mothers during the postpartum period
- Nutritional coaching and lactation support
- Personalised assistance for breastfeeding mothers
- Workshops and counselling for a positive breastfeeding experience

2) Children's health:

- Ensure your child's health and development with our immunisation milestones



- Professional assessment to track and support your child's milestones

3) Parenting workshops:

- Engaging workshops imparting essential parenting skills
- Experienced presenters addressing important aspects of co-parenting

4) Purposeful Playgroups & Early Literacy programmes

- Help children cultivate a love for reading and appreciation for language
- Interactive playgroups and activities fostering social and cognitive development
- Learn age-appropriate activities for toddlers and young children

5) Marriage preparation series

- Strengthen the foundation of your relationship before marriage



- Guidance on communication, conflict resolution and building close bonds

6) Women's Health

- Comprehensive care for women's health topics, including menopausal care
- Cancer screening, health assessments and mammogram for early detection

Stop by FN booths to explore the array of services and programmes we offer. Our friendly Care Ambassadors can address your enquiries and make recommendations onsite.

FAMILY NEXUS

We aim to integrate health and community care, elevate awareness on women and children issues and cultivate a haven for resilient families. Through appropriate referrals and tailored support, we empower diverse families to thrive in a safe and nurturing environment.

Together, let's build a healthier and happier Bukit Canberra!