




Ronald Lim

Head of REACH Counselling & Mental Health

- Master of Social Science (Counselling), Edith Cowan University, Australia
- Bachelor of Arts (Psychology), York University, Canada
- Associate Mediator with Singapore Mediation Centre (SMC)
- A registered Counsellor with Singapore Association for Counselling (SAC)
- Child Inclusive Mediation and Counselling (CIMC) Practitioner
- An accredited PREPARE/ENRICH Facilitator
- CEFC Marriage Mentor

Following 22 years with Family Justice Courts handling cases of family breakdowns and divorce, Ronald helps couples prepare for marriage as a Marriage Mentor in his church, as well as through REACH's Marriage Preparation Programme. His exposure to cases pertaining to issues such as children's custody also propels him to guide couples to an amicable divorce if there is no other way out, to minimize negative impact on the children.





Agnes Lee


Assistant Senior Counsellor / Mentor

- Master of Counselling, Monash University, Melbourne
- Graduate Certificate of Education Studies, Monash University, Melbourne
- Clinical Member and Registered Counsellor under Singapore Association of Counselling SAC

Passionate about helping individuals discover meaning and purpose in life, Agnes engages in collaborative exploration of each person's strengths, values and surrounding resources. She draws on suitable therapeutic approaches for her clients, with specialization in Cognitive Behavioural Therapy (CBT).

Agnes focuses on increasing self-awareness and inner resourcefulness in her clients through her non-judgemental and empathetic approach. She also works with youths and young adults through their self-realization and exploration stage.

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June Phoon

Counsellor / Mentor

- Master of Social Science (Professional Counselling), Swinburne University of Technology, Australia
- Diploma in Counselling, Care Corner Training Association
- Certifications: Systemic Idea in Practice (Family Therapy), Foundation of Play Therapy Relationship, Introduction to working with Lesbian, Gay, Bisexual and Transgender, Healing from Extramarital Affair: The Use of Emotional Focused Couple Therapy, Interpersonal Process Group, One minutes Transformation (Parenting workshop), Attachment Focused Psychotherapy for Children Workshop, Empathy Masterclass and Basic Intensive Training in Choice Theory & Reality Therapy.

June likens counselling to gardening; every relationship needs soil and watering to nourish transplant. She supports families in the Home Ownership Plus Education (HOPE) Scheme, providing encouragement and guidance as they upgrade themselves. She also provides counselling on marital, family, individuals, and relationship issues. June has worked with youths too, ensuring a safe and non-judgemental space for them to talk about their emotions and develop ways to improve their well-being.



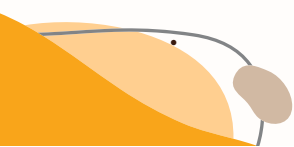


Cynthia Ho

Counsellor / Mentor

- Bachelor in Counselling, Singapore University of Social Sciences
- Attained the following certificates: Certificate in Management in Family Violence, Certificate in Applied Suicidal Intervention Skills Training (ASIST), Foundation of Play Therapy, Motivational Interviewing, Introduction to Family Therapy, Techniques in Couple Counselling, and Working Systematically (with family)
- In the midst of attaining certification as a Marriage Preparation Facilitator.

Having worked with youths, young adults, and children with special needs, Cynthia sees the uniqueness in every individual, regardless of their physical or psychological ability. Cynthia also sees family as an important foundation to one's well-being. She conducts workshops such as Parenting Styles and 5 Love Languages, and journeys with lower income families through the Home Ownership Plus Education (HOPE) Scheme, rendering support through cases of suicide, violence, and more.






Alvin Chong

Counsellor / Mentor

- Master of Social Science in Professional Counselling, Swinburne University of Technology, Australia
- Bachelor of Arts in Psychology, American University for Humanities (AUFH), USA
- Diploma & Certificate in Counselling Psychology, LEE Community College, Singapore
- An accredited PREPARE/ENRICH Facilitator
- Certified Choice Theory & Reality Therapy (CTRT) Practitioner
- Bachelor of Architecture (Honours), National University of Singapore (NUS)
- Clinical Member and Registered Counsellor under Singapore Association of Counselling (SAC)

Alvin believes that family homeostasis is the foundation to future resilient generations. Through the MSF Fostering Programme (2015-2019) and counselling experience since 2007, Alvin's knowledge on children's development, child abuse & trauma, therapeutic intervention, and parenting skills – notably the Triple P (Positive Parenting Programme) led him to conduct parenting workshops, psycho-education and psychometric tests to evaluate at-risk students, as well as the Prepare-Enrich marriage course for couples.






Jocelyn Cheong

Counsellor / Mentor

- Master of Social Science in Professional Counselling, Swinburne University of Technology, Australia
- Bachelor of Science in Marketing, Singapore University of Social Sciences
- Clinical Member and Registered Counselor under Singapore Association for Counselling (SAC)

Jocelyn's passion for psychotherapy has seen her journeying with needy families, couples, youths at risk, clients with psychiatric conditions and more. She integrates various therapeutic approaches to support her clients in self-discovery and growth, providing a safe space for them to gain awareness of their issues and attain autonomy. She also conducts mental wellness talks and workshops, instilling hope and recovery for clients of diverse backgrounds, through experiential psychoeducation.



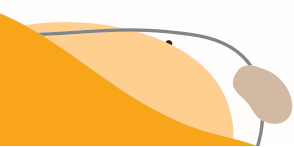


Joy Leong

Counsellor / Mentor

- Master of Counselling (Advanced), Swinburne University of Technology, Australia
- Graduate Diploma in Counselling Psychology, College of Allied Educators
- Bachelor of Science in Marketing, Singapore University of Social Sciences
- Certified Transactional Analysis (TA) Practitioner
- Certificate in Transactional Analysis 101 and Certificate in Transactional Analysis 202 Advanced TA Training
- Member of USA Transactional Analysis Association (USATAA).

Joy recognises that childhood and upbringing affect the way we interact and handle relationships. Upon completing her Master of Counselling (Advanced), Joy now enjoys working with youths, young adults, couples, and families who seek to enhance their relationship with themselves and others. Adopting the Person-Centred Therapy as a fundamental, Joy believes that every individual would discover solutions to their struggles through an empathetic and empowering approach of integrative psychotherapy.






Quinta Lee

Counsellor / Mentor

- Master of Counselling, Monash University, Melbourne
- Bachelor of Social Science, Psychology (Honours), National University of Singapore
- Provisional Clinical Member, Singapore Association of Counselling (SAC)
- Certification in Critical Incident Stress Management, UMBC, Emergency Health Services
- Full Member, Singapore Psychological Society
- Research Volunteer, Singapore Psychological Society Research Committee

Quinta has a plethora of experience in mental healthcare, ranging from medical and psychological research in the healthcare sector, counselling opportunities to serving underprivileged communities, and even the military's mental health needs. She commits to the use of evidence-based interventions, specialising in Cognitive Behavioral Therapy (CBT) during her Masters programme. She is trained in crisis interventions and suicide risk assessments. She also uses Mindfulness practices with clients which have shown effectiveness in lowering of anxiety symptoms. She has an invested interest in understanding the risk factors of suicide in youths, and specific mental health related challenges such as the interactive relationship between trauma, depression and anxiety.






Dawn Ho

Counsellor / Mentor

- Masters of Arts (Counselling and Guidance), National Institute of Education/ Nanyang Technological University
- Triple P® (Positive Parenting Programme) Practitioner, University of Queensland, Australia
- Signposts for Building Better Behaviour Practitioner, Parenting Research Centre, Australia
- Postgraduate Diploma in Education (Secondary), National Institute of Education

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A former MOE educator in Secondary school for several years, Dawn has worked with a variety of clients, ranging from youths struggling with cyber addiction, mental health – to parents struggling with teens and co-parenting issues. Having worked with families across different cultural and social backgrounds, Dawn believes that strong family units are the foundation for children and youths to thrive through the tumultuous development stages, to emerge as well-adjusted and adaptable young adults. She prefers using a strengths-based approach to collaborate with her clients in discovering their potential and purpose in life, and believes a supportive therapeutic relationship is important for nurturing her clients' sense of autonomy and empowerment.






Julia Goh

Associate Counsellor

- Master of Social Science (Professional Counselling)
- University Certificate in Cognitive Behavioural Therapy
- Bachelor of Arts (Psychology with Management)
- Certificate of Achievement in Techniques in Couple Counselling
- Statement of Attainment in Communicate And Build Effective Working Relationships with Others, Singapore Skills Qualifications (WSQ)
- Statement of Attainment in Develop Self Awareness And Understand The Impact On Others of Own Actions, Singapore Skills Qualifications (WSQ)
- Coach, Core Essentials Programme
- Provisional Member, Singapore Association for Counselling (SAC)
- Member, United States of America Transactional Analysis Association (USATAA)

Having counselled couples, young adults and students in schools in their journey towards well-being and growth, Julia works with her clients in building their relationships, rebuilding trust and self-esteem. She is experienced in facilitating children from single-parent homes as well. A firm believer that every client has his or her potential and hope, Julia is passionate in partnering with them in attaining their goals of well-being and meaning in life.





Chua Shao Wen

(Associate Counsellor)

- Master of Counselling, Monash University, Melbourne
- Chartered Accountant, Association of Chartered Certified Accountants
- Chartered Accountant, Institute of Singapore Chartered Accountants
- Working to obtain Certification in Choice Theory and Reality Therapy

Passionate in helping others journey through life challenges, Shao Wen walks youths, individuals, and couples through challenges such as depression, marital conflicts, grief & loss, and other psychological challenges. Her prior experience in the corporate sector helps her empathize with work-life challenges too.

Shao Wen adopts an integrated and client-centred therapeutic approach to empower growth and reconciliation in her clients' personal lives and relationships.

