

A MESSAGE FROM OUR ME2 TEAM



Hello! Summer is here, and the sun is shining bright as we dive into the month of June. As we trade our marshmallows and hot chocolate for refreshing lemonades and ice cream, we invite you to embark on a journey of joyful memories with us.

It has been a busy start to 2023 and we can't wait for you to read all about what we have been up to. Celebrate our milestones with us, learn about our new programmes, and get to know our amazing new partners and collaborators.

Let's keep pushing boundaries and breaking barriers, as we advocate for a society that values and empowers every individual. Me2 wishes you a summer filled with warmth, joy, and unforgettable moments.

Warmest Regards,
The Me2 Team

ME2'S FEATURED YOUTH TRAINEE - NURHIRWANI



Our Featured Me2 Youth Trainee - Nurhirwani Bte Zolkifi

In our June 2023 edition of the Me2 Newsletter, we proudly feature Nurhirwani, our exceptional youth trainee who has secured a position as a preschool assistant teacher at House on the Hill.

Nurhirwani is a graduate of our Vocational Training Programme. Her dedication and passion for education have led her to embark on this new chapter, where she brings warmth and enthusiasm to the classroom. With her genuine care and ability to connect with children, she adds a valuable touch to the school community.

Nurhirwani's journey is a testament to the transformative power of opportunity and the impact of a supportive community. We extend our gratitude to House on the Hill for recognizing her potential and providing her with this remarkable opportunity.

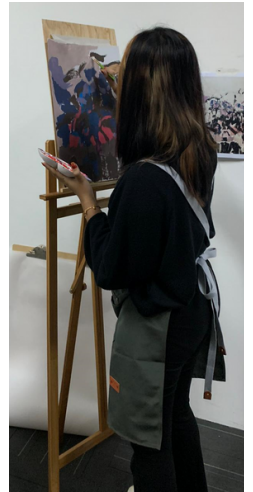
We celebrate Nurhirwani's achievements and commend her commitment to creating a nurturing learning environment.

We also express our deep appreciation to our sponsors and partners whose support has allowed us to empower individuals like Nurhirwani. Together, we continue to make a positive difference in the lives of those we serve.

Nurhirwani's story inspires us all, proving that dreams can become reality with determination and support. Let us cheer for Nurhirwani as she embraces her role as a preschool assistant teacher, leaving a lasting impact on the young minds she guides. Through education and inclusivity, we strive to create a brighter future for all.

JANUARY 2023 HIGHLIGHTS

Learn more about our Vocational Training Programme for Youths



Me2's Vocational Training Programme for Youths is a gateway to endless possibilities and an exciting stepping stone into the professional world. Designed to provide a glimpse into various industries, our program offers youths the opportunity to explore their chosen field while setting the stage for future success.

Enrollment in our vocational training programme opens doors for young individuals to immerse themselves in industries such as early childhood, events management, retail management, and hospitality. Through a carefully crafted curriculum and hands-on experiences, trainees gain invaluable insights, practical skills, and a taste of what their desired profession entails.

Our dedicated team of instructors and industry experts ensure that trainees receive comprehensive training, covering both theoretical knowledge and practical application. Through mentorship and real-world projects, we empower participants to develop critical skills, fostering their confidence and nurturing their passion.

Upon successful completion of the programme, trainees have the opportunity to secure job placements in their chosen industry. The goal is to inspire them to pursue a career in their field of interest, and we firmly believe that the experience gained during the programme will serve as a solid foundation for their professional journey.

At Me2, we are committed to nurturing talent, fostering growth, and creating opportunities for young individuals to unlock their full potential.

Our Vocational Training Programme is a transformative experience that opens doors to a world of possibilities, thereby empowering trainees to pursue their dreams and embark on a rewarding career path.

We strive to ignite a spark within each trainee, motivating them to continue their education and further hone their skills in pursuit of their chosen line of work.

By instilling a sense of purpose and providing a supportive learning environment, we aim to equip youths with the tools they need to thrive in the industry they are passionate about.

Join us on this exciting journey of discovery, as we inspire and guide the next generation of professionals towards a future filled with success and fulfillment.

FEBRUARY 2023 HIGHLIGHTS

We are thrilled to continue our "Improv with Me2" Programme for Sun-dac Upper Thomson

We are happy to continue our Me2 programme, focusing on community living skills, as we strive to empower our trainees and foster their independence. In our latest endeavor, we embarked on an exciting trip to the local supermarket, providing our trainees with a practical hands-on experience in navigating the aisles, identifying items on a shopping list, so as to make appropriate purchases.

The supermarket excursion served as a valuable opportunity for our trainees to develop essential life skills, such as understanding the concept of money and the process of buying groceries. Equipped with their personalized shopping lists, they enthusiastically embarked on a mission to locate specific items, recognize healthier choices, and make informed decisions.

Throughout the trip, our dedicated instructors and mentors guided and encouraged the trainees, instilling confidence and promoting critical thinking. They facilitated discussions on budgeting, prioritizing needs over wants, and ensuring the trainees had a comprehensive understanding of managing their finances responsibly.

By immersing our trainees in real-life situations like grocery shopping, we are nurturing their ability to navigate the community with confidence and independence. These practical experiences help them gain a deeper understanding of everyday tasks and contribute to their overall growth and development.

Beyond the acquisition of essential life skills, the supermarket trip also fosters social integration and enhances the trainees' interaction with the wider community. Through positive engagement with store staff and fellow shoppers, our trainees build connections, foster friendships, and develop their social skills, creating a more inclusive society for all.

At Me2, we are dedicated to empowering individuals with the tools and knowledge they need to live fulfilling and independent lives. Through initiatives like the supermarket trip, we continue to provide practical experiences that increase the trainees' autonomy, nurture their confidence, and introduce them to important concepts like money management.



MARCH 2023 HIGHLIGHTS

We are back at Rugby Sevens 2023! This time bigger and bolder!



We're thrilled to announce that Me2 is back at Rugby 7s 2023, bringing excitement, camaraderie, and a fantastic opportunity to support our cause. As the exhilarating tournament unfolds, we have set up 2 vibrant drinks stalls, not only to quench the thirst of rugby enthusiasts but also to raise funds for offsetting programme fees for our trainees.

At our stall, you'll find an array of refreshing beverages and delectable treats, with every purchase making a direct impact on the lives of our trainees. By supporting our drinks stall, visitors to Rugby 7s can enjoy their favorite refreshments while simultaneously contributing to the growth and development of young individuals pursuing their dreams.

In addition to the drinks stall, we've also created an exciting avenue for our trainees with special needs to showcase their entrepreneurial spirit. They've been given the opportunity to sell exclusive rugby merchandise, adding a vibrant touch to the bustling event. From jerseys and to rugby balls, these unique items offer fans a chance to take home a cherished memento.



MARCH 2023 HIGHLIGHTS



To enhance the experience for ticket holders, we've partnered with the Singapore Association of the Visually Handicapped (SAVH) to provide relaxing massage services. Attendees can indulge in a rejuvenating session, complementing the thrilling rugby action with moments of relaxation and well-being. This collaboration not only brings additional comfort to spectators but also promotes inclusivity and supports SAVH's important mission.

Rugby 7s is a dynamic and fast-paced sporting event that showcases the incredible athleticism, skill, and teamwork of participating teams. It brings together rugby enthusiasts, families, and individuals from all walks of life, fostering a sense of community and camaraderie. The tournament embodies the spirit of sportsmanship, determination, and the pursuit of excellence.

Amidst the electrifying atmosphere of Rugby 7s, we are grateful to have the opportunity to rally together in support of our trainees and make a lasting difference in their lives. Every purchase and every massage enjoyed contributes directly to empowering individuals with diverse abilities, ensuring that they have equal opportunities to thrive and succeed.

Rugby 7s 2023 was no doubt a memorable experience where sports, philanthropy, and inclusivity intersect, creating a positive impact on the lives of our trainees and the wider community. How wonderful it is to celebrate the spirit of rugby, unity, and the power of giving back.

At Me2, social inclusion lies at the heart of our mission. We believe that everyone, regardless of their background or abilities, should have the opportunity to actively participate in and contribute to their community. Events like Rugby 7s provide us with a platform to foster social inclusion and engagement. By setting up a drinks stall, involving trainees with special needs in merchandise sales, and collaborating with organizations like SAVH, we not only raise funds but also create meaningful community engagement opportunities. These initiatives enable our trainees to interact with a diverse range of individuals, break down barriers, and showcase their talents and abilities. Through these experiences, we promote understanding, acceptance, and the celebration of diversity, fostering a more inclusive and compassionate society. Together, we can build a community where everyone feels valued, included, and empowered to pursue their dreams.

APRIL 2023 HIGHLIGHTS

Fun Day Out with Me2 Trainees from YMCA



We had a fantastic day out with our trainees from YMCA in April 2023! As part of our "Improv with Me2" programme, our Lead Trainer, Mr. Keith Peck, planned a fun-filled day trip for the trainees to navigate different modes of transportation - The bus and the MRT. He also planned a pit-stop at a popular tourist attraction, "The Botanic Gardens" and a tea-break at the beloved local Kopitiam, "Killiney".

With beaming smiles and an air of determination, our trainees embraced the challenge of navigating the bus and trains. They tapped their cards with a newfound confidence, mastering the art of entering and exiting like seasoned pros. The sense of accomplishment was palpable as they conducted themselves appropriately, respecting fellow commuters and enjoying the journey like true urban explorers. They also bought drinks of their choice for themselves to reward themselves on the hot Saturday afternoon. The day was a roaring success, filled with laughter, learning, and shared moments of pure joy.



APRIL 2023 HIGHLIGHTS

We were on Kiss 92fm with Glenn Ong, The Flying Dutchman and Angel

Guess what? Our dynamic duo, co-founder Jean Chan and Principal & Artistic Director Mabel Lim, recently took the airwaves by storm on Kiss 92FM! They were bubbling with excitement as they had the incredible opportunity to share all about the remarkable journey of Me2.

Glenn Ong, The Flying Dutchman and Angel were all smiles as they welcomed Jean and Mabel and allowed them the opportunity to spill the beans on how Me2 came to life and recounted their shared vision for inclusivity and empowerment.

Jean and Mabel had a blast highlighting all the incredible offerings that Me2 brings to the table. From visual arts to drama to groovy dance moves – they left no creative stone unturned! The airwaves were filled with a contagious sense of enthusiasm as they described how Me2's programs go beyond artistic expression, nurturing personal growth, social interaction, and life skills development.



Before you get engulfed in feelings of FOMO, fret not, you can still watch our interview here:

<https://www.youtube.com/live/75njh-OCQJc?feature=share>

The BIG Show with Glenn, Angel and The Flying Dutchman is the new weekday morning show on Kiss92 from 6 - 10am.

Global yet local. The Big Show is all about what they can offer listeners - Simply the best and most relevant content.

As the interview wrapped up, the airwaves were buzzing with inspiration. Jean and Mabel left listeners on the edge of their seats, as they hinted at exciting collaborations, new art forms, and a whole lot more inclusive magic in the making. It's safe to say that hearts were racing, imaginations were ignited, and the countdown to the next Me2 adventure had officially begun!

So, if you missed the radio magic, fear not! You can still catch the sparks of excitement by diving into the vibrant world of Me2. Get ready to unleash your creativity, embrace inclusivity, and join a community that will leave you grinning from ear to ear. The Me2 journey awaits, and it's a whirlwind of joy, inspiration, and artistic brilliance. Get ready to be amazed!

Enquire about how you can get involved or enroll in the programmes yourself. Call us at +65 9239 2023 or email: askme@me2.com.sg.

APRIL 2023 HIGHLIGHTS

We were invited to do a sharing at The Rotary Club



We were honored and excited to have the opportunity to share our mission and work at the esteemed Rotary Club Singapore. The Rotary Club holds a special place as a global network of dedicated professionals committed to making a positive impact on local communities and beyond. Being given the opportunity to engage with such an esteemed organization was a testament to the recognition of our efforts in promoting inclusivity and empowering individuals.

During our sharing session, we were greeted by a group of compassionate and enthusiastic Rotary Club members. Their warm reception and genuine interest in our work created an atmosphere of support and encouragement. The members were eager to learn about our programs and initiatives, showing a deep commitment to social causes and a genuine desire to contribute to positive change.

The Rotary Club, renowned for its commitment to service above self, embodies values of community service, leadership, and fellowship. Its members, representing various professions, come together to leverage their expertise and resources for the greater good. The club's dedication to promoting goodwill and fostering understanding aligns closely with our mission of social inclusion and empowerment.

As we shared our experiences, challenges, and successes, the Rotary Club members actively engaged with us, asking insightful questions and offering valuable perspectives. Their genuine interest and support reaffirmed our belief in the power of collaboration and the importance of building strong community partnerships.

We left the Rotary Club sharing session with a renewed sense of inspiration and motivation. The kindness and generosity demonstrated by its members further reinforced our commitment to making a meaningful difference in the lives of individuals we serve.

We extend our deepest gratitude to the Rotary Club Singapore for inviting us and for their unwavering support. Their support not only strengthens our resolve but also amplifies our impact in creating a more inclusive society. We look forward to continued collaboration with the Rotary Club and other like-minded organizations, as we work together to uplift individuals, empower communities, and foster positive change.

At Me2, we are always eager to share with others about our mission, experiences, and initiatives. We believe in the power of collaboration and the importance of raising awareness about social inclusion and empowerment to a diverse audience.

If you are looking for a dynamic and engaging speaker, who can shed light on our work, inspire your community, and even start discussions about inclusivity, we would be thrilled to be a part of your event.

Reach out to us today by phone at +65 9239 2023 or email: askme@me2.com.sg

MAY 2023 HIGHLIGHTS

Our Master Chef Li Shen is back with new recipes for our beloved Meal Preparation Programme.



Prepare to tantalize your taste buds as we introduce you to Me2's innovative Meal Preparation Programme! We believe in offering our trainees a wide array of delicious choices beyond the familiar realm of kaya toast. And guess what? We've enlisted the expertise of a culinary mastermind, Mr. Li Shen, who is not only a food consultant but also a passionate giver!

Our very own Master Chef, renowned for his culinary prowess, Mr. Li Shen brings his expertise and love for the craft to the forefront. With a desire to make a difference, he is dedicated to empowering our trainees through the art of cooking. His enthusiasm is contagious, igniting a flame within each participant as they embark on a culinary adventure like no other.

Together, our trainees and Master Chef dive into the world of flavors, spices, and creative cooking techniques. They learn to whip up delectable dishes from scratch, guided by the expert hands of our culinary maestro. But it's not just about the cooking; it's about the experience. Our Meal Preparation Programme is designed to nurture independence, develop essential life skills, and ignite a passion for culinary exploration. Trainees learn about food safety, meal planning, and even the art of presentation, turning their creations into visual feasts.

And let's not forget the joy of giving back! Our Master Chef's dedication extends beyond the kitchen as he lovingly imparts his knowledge and skills to our trainees. Through his mentorship, he not only opens doors to exciting culinary possibilities but also nurtures their self-belief, encouraging them to dream big and embrace their passions.

At Me2, we believe that food is not just sustenance; it is a gateway to creativity, self-expression, and empowerment. Our Meal Preparation Programme allows our trainees to explore their culinary aspirations, savor diverse flavors, and break free from the monotony of the same old breakfast routine. It's a culinary journey that unleashes their hidden talents and expands their horizons.

So get ready to embark on a gastronomic adventure where culinary dreams come to life. Together with our dedicated Master Chef, our trainees are given the freedom to craft their own culinary destinies and savor the fruits of their labor. Me2's Meal Preparation Programme: a recipe for success, a feast for the senses, and a celebration of culinary passion! Bon appétit!

JUNE 2023 HIGHLIGHTS

Me2's Train and Place Programme with our Visionally-Impaired Friends

Step on board the Me2 Train and Place Programme, where learning goes beyond the confines of the classroom! We believe in unleashing the potential of our trainees, including those with visual impairments, by providing immersive learning experiences that ignite their curiosity and open doors to endless possibilities.

Imagine a journey that takes our trainees to remarkable destinations like the National Art Gallery. These learning journeys become vibrant tapestries of inspiration, where art, culture, and imagination intertwine. Despite visual impairments, our trainees embark on sensory adventures, exploring the world through touch, sound, and an unwavering spirit of determination.

The Train and Place Programme is more than just a series of weekly field trips; it's a testament to our unwavering belief in the potential of every individual. We are dedicated to empowering our trainees, regardless of visual impairments, to find meaningful jobs and lead fulfilling lives. Through experiential learning, they develop critical skills, expand their horizons, and gain the confidence to pursue their dreams.

At Me2, inclusivity is at the heart of everything we do. We champion the untapped abilities of our trainees, creating opportunities for growth and equipping them with the tools to navigate the professional world. We work closely with employers, fostering partnerships that embrace diversity and provide our trainees with the chance to showcase their talents and contribute meaningfully to the workforce.

So, hop aboard the Me2 Train and Place Programme, where every journey is an extraordinary adventure. Together, we break barriers, unlock potential, and illuminate the path to a brighter future. Join us as we believe in the abilities of all individuals, creating a world where everyone's talents shine, regardless of visual impairments. All aboard for a life-changing expedition!



If you or someone you know have or recently acquired a disability, do get in touch with us. We will be happy to offer our consultation and support to get you on board our programmes to help you get into or back into the workforce. We can also match you with our partners who can offer you their assistance.

Call +65 9239 2023 or email us at askme@me2.com.sg

JUNE 2023 HIGHLIGHTS

Read the testimonials from some of our recent graduates



"I love the programme so far, it's very fun and fruitful. I hope others will join the upcoming programmes as they are such an enrichment. Thank you."

~ Aneequ Shabana



"An incredibly positive experience with Me2 Train and Place Programme. Overall, after attending this training, led to a deeper understanding of communicating and interacting with others, new connections are formed and an increased self-confidence."

~ Leong Siew Pin, Jamie



"The ME2 programme has given me the tools needed to be a better version of myself. For instance, the various methods of self care, affirmations, mantras, and mottos to be used to declare success and positivity into every situation in my life, and the many opportunities to help others in the class with my experiences and my passion to uplift others.

Putting myself out there has often been a challenge as I am quite an introvert and have many unpleasant experiences of having my weaknesses and past hurts used against me. However, I am more aware of myself as a human being with strengths and weaknesses just like everybody else.

Not everybody in the room may necessarily understand where I am coming from, but I am assured that as long as I put my mind to the task, I can at least help one person. Most importantly, this programme has reawakened my dream to help youths who are finding their way in life.

I remember being at a similar spot at a point in time. Following my family's and mentors' wishes to pursue a life in the music industry only to realise that is not the right path for me and want to start over and still play music for worship and with close friends. During the process of finding my way, I learnt that one should never be afraid to start over and is never too late to make a change in the pursuit of happiness. Either in one's career, hobbies, relationships, and the different aspects in life. I have endured and survived many hard knocks during that season not having the support that I needed.

Yet it all led me here to ME2. I really appreciate the hard work Carmella and her team has been putting in to make this programme possible. I am truly blessed. I am excited and looking forward to the path ahead."

~ Stephanie Ow

JUNE 2023 HIGHLIGHTS

In Partnership with Sun-dac's "Disability without Walls" Initiative at Chua Chu Kang



We are incredibly honored and humbled by the opportunity to be a part of Sun-dac's "Disability without Walls" initiative by supporting their clients in their transition to community living.

One of the key skills that Me2 focuses on is the concept of money. Recognizing the importance of financial independence, Me2's trainers work closely with Sundac's training officer to help the clients learn how to recognize dollars and cents, make payment and collect change so that they can be confident in the community.

Additionally, Me2 assists Sundac's clients in navigating the process of purchasing meals at food centers. This is done by re-enactment exercises in the classrooms and also out on learning journeys where real time practice is possible. Understanding the significance of self-sufficiency, Me2 trainers guide individuals in making informed choices, understanding menus, and independently ordering meals. By empowering clients in this aspect, Me2 enables them to experience a greater sense of autonomy and inclusion in their community.

Another critical aspect of community living is the ability to use public transportation effectively. Me2 recognizes the importance of mobility and independence and provides training to Sundac's clients on using public transport to reach destinations such as malls. Trainers from Me2 offer guidance on various modes of public transportation, ensuring individuals feel confident and capable in navigating their community.

Through this partnership, Me2 and Sundac are working together to empower individuals with disabilities and provide them with the necessary skills for a successful transition to community living. By focusing on areas such as money management, purchasing meals, and using public transportation, Me2 is helping Sundac's clients gain the confidence and independence needed to thrive in their daily lives.

The collaboration between Me2 and Sundac exemplifies the importance of community support and inclusion. By combining their expertise and resources, these organizations are making a positive impact on the lives of individuals with disabilities, fostering a more inclusive society that values the abilities and contributions of every individual.



PLEDGE YOUR SUPPORT FOR INCLUSIVITY AND DIVERSITY

SUPPORT

I want to pledge my support for inclusivity and diversity:

\$3000 to offset fees of Me2 Training Programme for 1 individual (Person with Special Needs, Youth at Risk or Caregiver)

*Sponsored Trainee's choice of Me2 Training Programme includes Me2's 3 Core Programmes, Quality of Life Programmes and Vocational Training.

Making a cash contribution (no minimum amount)
Amount: \$ _____

Sponsoring items eg. laptops, cooking equipment (microwave, air-fryer)
Items: _____

DETAILS

PERSONAL DETAILS (I would like to be excluded from Me2's publications & social media)

Full Name: _____ (Dr / Mr / Mrs / Ms / Prof)

Email Address: _____ Contact Number: _____

Home Address: _____

ORGANIZATION DETAILS (I would like to be excluded from Me2's publications & social media)

Name of Organization: _____

Contact Person: _____ (Dr / Mr / Mrs / Ms / Prof)

Organization Address: _____

Email Address: _____ Contact Number: _____

PAYMENT

By Paynow



1. Scan the QR code or key in '202126907N' into your mobile banking app.
2. Enter the amount.
3. Under Ref No., key in "Golf with Me2"

By Bank Transfer

Account Name: ME2 PTE. LTD.
Bank Account No.: 072-042891-9
Bank Name & Code: DBS BANK LTD. (7171)
Branch Name & Code: DBS RAFFLES PLACE (72)
SWIFT Code: DBSSSGSG
Bank Address: DBS ASIA CENTRAL MBFC TOWER 3,
12 MARINA BOULEVARD, SINGAPORE 018982

TERMS

By providing the information set out in this form, I/we agree and consent to Me2, as well as its representatives and employees collecting, using, disclosing and sharing amongst themselves the personal data provided above as well as in the records of Me2 from time to time, and disclosing such personal data to Me2's authorized service providers, and relevant third parties for purposes reasonably required by Me2 to process my transactions to Me2, and to update on its use, as well as relevant activities in Me2.

UPCOMING LAUNCH IN 2023

"No Longer in the Background" Initiative

Introducing the Inclusive Artist Development Programme, a transformative one-year initiative by Me2 aimed at nurturing talented artists with disabilities. This comprehensive programme is specifically designed to empower participants to excel in producing commissioned artwork, thereby equipping them with the essential skills to monetize their talents and gain recognition for their creative endeavors.

At the core of our programme is a dedicated focus on training in Wall Murals. By emphasizing this medium, Me2 aims to play a pivotal role in fostering an inclusive society, shedding a positive spotlight on individuals with special needs and their artistic abilities.

Under the banner of our initiative, "No longer in the background," we aspire to integrate our students with special needs into the wider community, showcasing their artworks to foster appreciation for the arts and celebrate their unique talents. As part of this vision, we want to collaborate with the Town Councils in an exciting partnership. Together, we aim to revitalize old HDB flats by providing a fresh aesthetic to the pillars at the void decks, contributing to a renewed visual landscape in these beloved neighborhoods.

This groundbreaking initiative holds tremendous promise, as it not only raises awareness but also cultivates a more inclusive Singapore. By amplifying a diverse range of voices within the local arts scene, we are fostering an environment that embraces the talents and contributions of every individual, irrespective of disabilities.

The Inclusive Artist Development Programme represents a significant milestone in our mission to create a more inclusive society, where the talents and artistic expressions of all individuals are celebrated and valued. We are confident that through this initiative, we will not only transform lives but also elevate the appreciation and understanding of art within our communities.

Join us on this remarkable journey as we take bold steps towards building a more inclusive Singapore, where the arts serve as a bridge between diverse voices and foster a sense of belonging for all. Together, we can create a society that cherishes and champions the remarkable artistic talents of individuals with disabilities.



Pictured are examples of some of our mural works that our in-house Artists have done with students as part of their enrichment programme, in partnership with their schools.

Calling all artists with disabilities to sign up with us to be a part of this incredible journey! Call +65 9239 2023 or email us at askme@me2.com.sg



NEWSLETTER

JUNE 2023 EDITION

UPCOMING LAUNCH IN 2023

Inclusive Business Programme (Entrepreneurship Programme for Home-based Business Owners)

Discover the transformative power of our Inclusive Business Programme, designed for individuals seeking financial stability through their own home-based businesses. We provide comprehensive guidance, starting from the basics of logo design to crafting captivating Instagram posts. Our expertly curated curriculum ensures you gain the essential skills and knowledge necessary to thrive as an entrepreneur.

As part of our commitment to holistic learning, we invite guest speakers who share their entrepreneurial experiences and insights, allowing you to learn from their successes and challenges. Engage with industry experts, ask questions, and gain invaluable advice tailored to your venture. Join our inclusive community, connect with fellow entrepreneurs, and unlock a world of networking, collaboration, and mentorship opportunities.

Let us empower you to turn your business aspirations into reality and embark on a journey of financial independence and fulfillment.

Are you good with the computer and want to start your very own home-based business?

Workshop Details

Starting July 2023

Duration: 3 months

Frequency: 3 times a week

***Limited Slots Available for each run, please call today +65 9239 2023 to secure your slot!**

ME2 SHOW IN THE MAKING

A Spectacular Showcase of Talents and Skills

Exciting news awaits as Me2 prepares to launch its highly anticipated Me2 show! While there may be similar events out there, Me2 believes that there should not be a cap on opportunities for the disability community. Me2 will continue to ensure Singapore Arts Scene includes a diverse range of voices from those with disabilities.

This unique production is set to showcase the talents and skills of our trainees, serving as a testament to their continued growth and development. A dynamic and multifaceted experience, the show incorporates elements of singing, dancing, acting, hosting, and even featuring galleries and flea markets. This diverse range of performances and exhibitions will provide a platform for trainees to express their artistic abilities and captivate audiences with their creativity.

Unlike traditional closed-door events, Me2 has a grand vision for the show—it will be open to the public! By inviting a wider audience, Me2 aims to raise awareness and promote a deeper understanding of the incredible work we do. This inclusivity encourages more people to witness firsthand the transformative impact of our programs and inspires them to lend their support.

Through the Me2 show, we aim to foster a sense of community, connection, and appreciation for the talents and abilities of individuals from all walks of life. By opening our doors to the public, we hope to break down barriers and create an environment where everyone can come together to celebrate the remarkable achievements of our trainees.

Join us in supporting and applauding the incredible journey of our trainees! Details of Me2 Show to be out soon!

NEW COLLABORATORS IN 2023

Get to know our amazing new collaborators!

Me2 is constantly on the look-out for new collaborators who can are interested in teaming up with us to bring fresh and interesting workshops to our clients and partners. In this month's Newsletter, we would like to introduce our 3 new collaborators, who we are so blessed to have on board as they not only offer novel programmes, but are passionate supporters of social inclusion and diversity as well.



Me2 is thrilled to announce its collaboration with Frozt, a sensational new partner that will take your taste buds on a refreshing journey. Get ready to unleash your creativity and indulge in delicious, healthy popsicles like never before.

At Frozt's workshops, participants will have the opportunity to master the art of crafting mouthwatering popsicles from scratch. Using fresh fruit juices and a variety of nutritious ingredients, you'll learn the secrets to making delectable frozen treats that are as nourishing as they are delightful. Frozt's workshops also offer a unique twist as you'll also get the chance to design your own popsicle cups. Let your imagination run wild as you adorn your frozen creations with personalized touches, making each popsicle as visually captivating as it is delicious.

Whether you're a novice in the kitchen or a seasoned culinary enthusiast, Frozt's workshops cater to all skill levels. Join the Frozt and Me2 collaboration, and unlock the secrets to making delightful, healthy popsicles that will delight your taste buds and impress family and friends.

Workshops last 2 hours. Enquire with us to book your slot!



Another exciting new collaborator of ours is Candlescape! Known for their eco-friendly, renewable, and sustainable candles, Candlescape brings a touch of mindfulness and creativity to the world of candle enthusiasts. Crafted from soy wax, Candlescape's candles burn cleanly and slowly, maximizing their lifespan.

Not only are they beautifully made, but they also prioritize safety and purity. Their fragrances are phthalate-free and adhere to strict RIFM and IFRA standards.

Sign up for Me2 x Candlescape's engaging and interactive workshops provide customers with the opportunity to create their own unique candles using soy wax, beeswax, and even customized options. Led by experienced instructors, these workshops typically last for two hours and are conducted in a friendly group setting.

NEW COLLABORATORS IN 2023



Introducing Me2's remarkable collaborator, Onoils Scent!

Prepare to embark on a captivating journey into the art of soap making and indulge in a sensory experience like no other.

At Onoils Scent, participants will delve into the fundamentals of soap making, acquiring essential knowledge and gaining hands-on experience with the captivating technique of Melt and Pour soap making.

Through expert guidance, you'll discover the intricacies of layering and soap coloring, unlocking the secrets to creating stunning and visually appealing soap designs.

Prepare to immerse yourself in a world of aromatic wonders as you discover the healing properties and captivating fragrances that Onoils Scent's soaps offer.

Through their collaboration with Me2, you'll have the opportunity to explore the transformative power of essential oils and the joy of creating your own therapeutic soap masterpieces.

Sign up for our 2-hour workshop today and you will be able to take home your own handmade soap or even gift it to a loved one!



DON'T MISS SG ENABLE'S 2023 FUNDING EXTENSION

Sign up for Me2's SG Enable approved programmes

Happy to share that SG Enable has extended the expiration on the Temasek Trust-CDC Lifelong Learning Enabling Fund from last year till the end of this year, 31st December 2023. For individuals with disabilities who have yet to utilize (fully) their \$1000, we urge you not to miss out on the opportunity again!

Me2 offers a number of programmes approved for TT-CDC Funding:

- ★ Improv with Me2 (Community Living Transition Programme)
- ★ Create with Me2 (Visual Arts Programme)
- ★ Cooking with Me2 (Meal Preparation Programme)
- ★ Baking with Me2 (Meal Preparation Programme)
- ★ My First Portfolio with Me2 (Digital Performance Programme)

We offer short term workshops and long term programmes for the above. Not sure about your remaining funds? We can help you check too. Get in touch with our friendly ambassadors today: +65 9239 2023



ANNOUNCEMENT

Join the Me2 family as we embark on an exciting new chapter! We are thrilled to announce our expansion and are now seeking passionate individuals to join us as trainers and volunteers. If you have a heart for making a difference in the lives of others and a desire to be part of a supportive and inclusive community, this is your opportunity.

At Me2, we believe in the power of personal connections and the transformative impact of mentorship. As a trainer, you will have the chance to inspire and guide individuals on their journey towards personal growth and self-discovery.

Volunteers are the backbone of our organization, providing invaluable support and encouragement to our participants. Whether you have a few hours to spare or wish to immerse yourself in a fulfilling long-term commitment, there are various ways to get involved.

Join our expanding family and become part of a vibrant network of individuals who share a common vision: to foster personal development, build lasting relationships, and uplift one another. Please get in touch with us and together, let's create a brighter future, one connection at a time.

ABOUT ME2



Me2 provides Persons with Special Needs, Youths at Risk and Caregivers unique training & support to help them bridge the skills they need to be more independent and employment ready.

Aside from our 3 core programmes, we also offer quality of life programmes in the areas of meal preparation, self care and communications.

As part of our commitment to listen to our stakeholders, we also customize workshops tailored to the needs of our clients and partners.

Interested to find out more?
Talk to us today!



<https://www.Me2.com.sg>



askme@Me2.com.sg



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