BODHI COUNSELLING CENTRE

# 2022

# ANNUAL REPORT

## Facts & Figures

## Key Moments Highlight



*In rain or shine, we serve.*

*22 years of volunteering service to the local community.*

# About Us

We are a non-profit unit established in 1999, under the auspice of the Kuching Buddhist Society.

Our aims are:

To provide counselling services to individuals who are in need regardless of their religious background, ethnics, gender or age group.

Enriching Mental Health Resilience & Well-being in the community.

## Our Team

The various services of the Centre are made available by our dedicated team members who are committed to contributing to the well-being of our clients.



**2**
Full-time Registered Counsellors

**30**
Trained Volunteers

## we are here!

L4-6, La Promenade Mall






# Advisory Panels



Benson Lim
Registered Counsellor



Dr Ling How Kee
Social Worker Educator



Dr Lau Kim Kah
Psychiatrist



Dr Lai Mee Huong
Psychiatrist



Dr Chen Yoke Yong
Clinical Psychologist

## What do we do?

*Programs designed to cover various age groups, from children, and young adults to parents.*



**Employee Enrichment Programme**

**Psychoeducation Training**

**Community Awareness**

**Counselling Service**
Telephone, Online Counselling, Face-to-Face
*Zoom counselling and Face-to-Face counselling are offered by appointment only.*
*Mainly by donation basis, and with subsidized charges for registered counsellor*

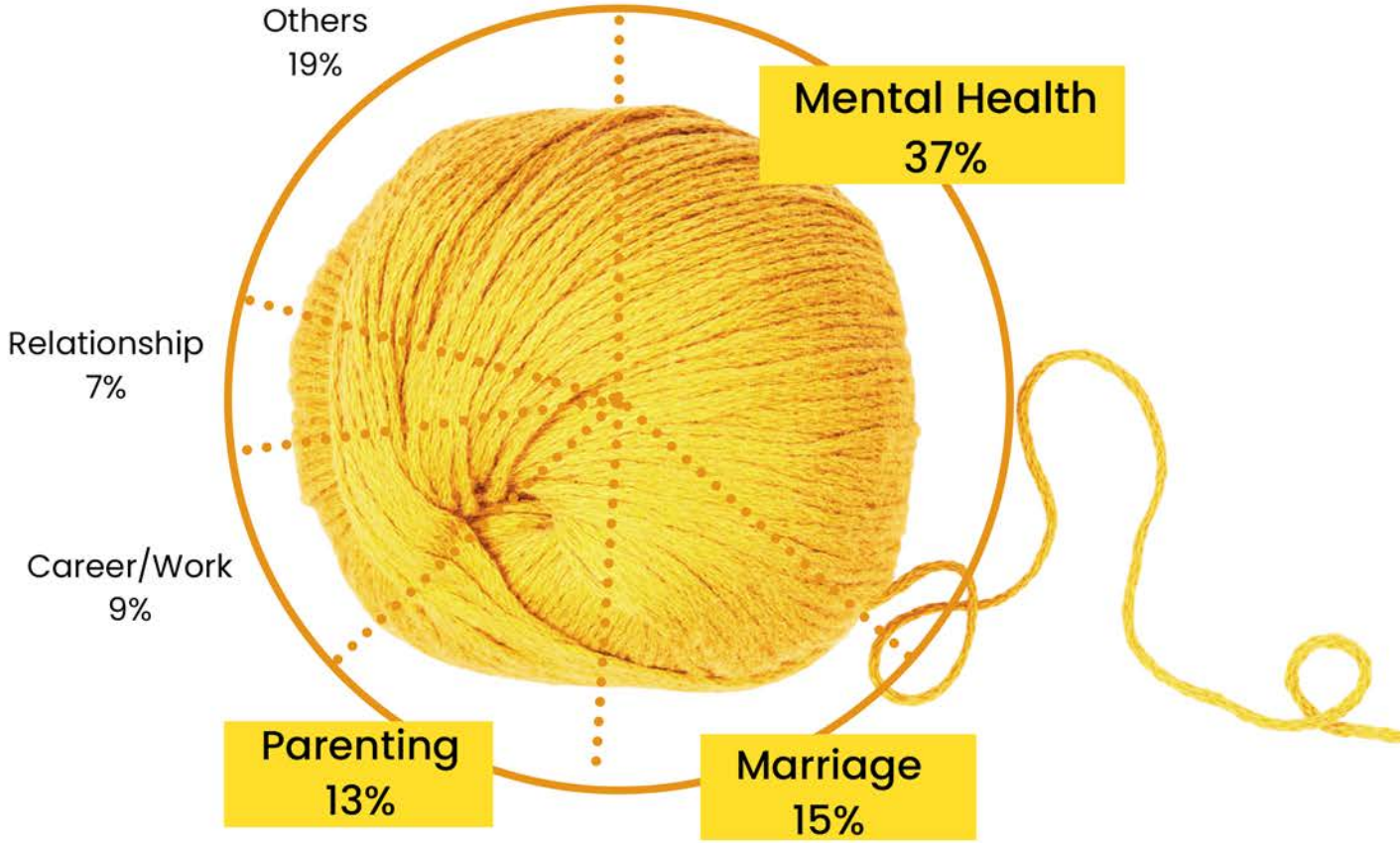
Mon – Fri, 7.30pm – 9.30pm

Mon – Fri, 8.00pm – 9.00pm

Tue – Sat, 10.00am – 4.00pm

# Facts & Figures

Even after COVID-19, the need for counselling is still ride high.




This year, **Mental Health**, **Marriage**, and **Parenting** issues remain the **Top 3** in counselling.

Emotional disturbances such as stress, depression, or anxiety are mainly caused by ineffective coping mechanisms. Thus, advocates of resilience and healthy coping mechanisms should be embodied in future programmes.

*"Counselling empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."*



This year, face-to-face counselling session has significantly increased. It surely needs to be addressed with these trends, it also shows that the acceptance of counselling has grown exponentially.

Thanks to the success of the outreach programmes, we have received calls and online appointments nationwide.

As schools have resumed physical classes, students as well as parents faced a lot of challenges during this transition. Issues like school refusal, peer relationships, and bullying are among the common cases.

# Advocating on community concerns issues

At Bodhi Counselling Centre, we are committed to advocating for the community concerning issues. We have constantly organized various psychoeducational talks and workshops with the aim to bridge the gaps to support and raise awareness among the public.

Over 50 talks have been conducted both virtually and physically, charged or **FREE** and in different languages.



# Key Moments

Number of people reached

## Child & Parenting





300

→ 7 Child and Parenting Talks and Workshops.




## The Resilience and Well-being Summit

Featuring 26 experts from various fields

7 Countries

29 virtual talks

**120,000**

# Key Moments

## School / Organisation Talks



870




11 talks with institutions and organizations.




Covering topics about:

- motivation
- leadership
- communication & emotion
- sex education
- career
- mindfulness
- stress management.



## Community Listening Program

66

Expresso Yourself is a conversation programme that targeted to certain topics, encouraging public to open up to others and share their experiences and views.




**Music Cafe**
(about relationship)

**Death Cafe**
(about end of life)

# Key Moments

## Self Growth & Self Care







154

Self-development themed workshops:

- Be Your Life Designer (Career exploration program for youth)
- Drum Circle Therapy
- Yoga Stress Relaxation Therapy

## Professional Workshop

*They must be prepared to see that all humans, including themselves, need to develop and maintain good mind skills and communication/action skills.*

Richard Nelson-Jones, 2005

Bodhi Counselling is committed to building a sustainable community by organizing compact and focused workshops for mental health professionals, counsellors, and social helpers.

We've organised:

- Metaphorical Cards
- Inaugural Symposium on School Refusal

Every month, volunteers from Bodhi Counselling gathered for the case study, led by 1 of our panel advisors from professional.



70

Key Moments

# Educational Exhibition

*Learning through Fun & Curiosity improves understanding*



333

## Anti-Drug






The 3 days program at the La Promenade Mall aimed to enhance children's awareness and understanding of the harmful effects of illicit drug use.

- Hero or Heroin? Educational Game Stations
- Human Library real-life stories sharing by drug addict survivor
- Talks by the Great Hero, anti drug advocate.
- Exhibition featuring local authorities such as PDRM & the National Anti-Drug Agency



# SPC3.0: Together We Can Be The Gatekeeper









Happened in October at Vivacity Megamall. Educational and interactive by design, this exhibition is intended to raise awareness about mental health with the participation of local mental health providers.

1315

Program highlights:

- The Gatekeeper Educational Exhibition
- Booths by Mental Health Service Providers
- Mental Health Screening
- Drum Circle Therapy
- Stress Relief Yoga Therapy
- Free Hug Activity
- Take One, Give One section
- Drum Performance by Baby Dream Machine

### The Teen Gatekeeper Programme

This year, we work toward the aim to train teenagers to be the Gatekeepers of their peers in school. They learned to identify the warning signs of a suicide crisis and how to respond to individuals
at risk.

# Raising Awareness in the Air



3000

Working closely with **RedFM**, the local radio station to deliver weekly live sharing covering various hot issues like self-discovery, parenting, interpersonal relationship, mental health, and well-being.

We are also honored to become the guest speaker to TeaFM and interviewed by the local media such as Malaysia Insights, and Sinchew Daily.

Red fm 多样化的选择

TEA FM

星洲日報 SIN CHEW DAILY

透視大馬




# We couldn't have come this far without you...

Special thanks to:

YB Dato Seri Professor Dr. Sim Kui Hian, YB Dr. Kelvin Yii

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Sung Hoe Trading Sdn Bhd, Wilson Law (Irama Bersatu),
Yu Ji, Robert Goh, Mr & Mrs Liew Yiew Fook, Hew Cheng Sim,
Datuk Simon Wong Wee Khiong, Dr Frederick Low,
Vera Tan & Family, Lee Shuk Ping & Family,
and many more!

HSL

Sarawak Timber Association

Cahya Mata Sarawak

SHARiNG

Learning Hub by hope.place

Sarawak Women for Women Society

Helping Hands Penan

UTAR
Universiti Tunku Abdul Rahman
Wholly owned by UTAR Education Foundation

Journey Within

Mental Health Association of Sarawak

Befrienders Kuching

Jabatan Kebajikan Masyarakat Sarawak

Andolfi

*Do a little bit of good where you are. It is those little bits of good put together that overwhelm the world.*

Desmond Tutu

**Kuching Buddhist Society**
**Counselling Unit**

Hong Leong Bank
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*You can also find us in the Donation list of*
***S Pay Global (Sarawak Pay)***

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BodhiCounselling

https://counselling.kbs.org.my/

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