菩提年报

BODHI ANNUAL REPORT

SINCE 2000
VOL. 2024

Bodhi Counselling
菩提辅导



Thank you for 24 incredible years along
We can't wait to make the 25th even better!

GROWING ROOTS AND EXPANDING REACH IN 2024

Established in 1999 and commencing services in 2000, Bodhi Counselling Centre is a Sarawak home-grown, non-profit organization operating under the auspices of the Kuching Buddhist Society.

Over the years, Bodhi has served more than 10,000 individuals, offering compassionate and professional support to those in need. Our objectives are:-

- Provide **inclusive counselling services** to promote mental health and well-being in the community.
- Enriching mental health resilience & well-being in the community through programmes.

2000

2011

Bodhi Counselling 菩提辅导

2021

Focus of Counselling & Psychoeducation Services

- Mental Health
- Emotional Management
- Sex Education
- Youth Empowerment
- Life Education
- Career Exploration
- Interpersonal Relationship
- Marriage & Family



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

35 Trained Volunteers

MEET THE ADVISORY PANEL



Benson Lim
Registered Counsellor



Dr. Ling How Kee
Social Work Educator



Dr. Lau Kim Kah
Psychiatrist



Dr. Lai Mee Huong
Psychiatrist



Dr. Chen Yoke Yong
Clinical Psychologist



Operation Hours

Administration Office
Tuesday to Sunday | 9.30am - 5pm
Monday Off

Counselling Services
Phone Counselling
Monday, Wednesday, Friday | 7.30pm - 9.30pm

Face to Face or Zoom Counselling
Available through appointment

330 cases in 2024



Emotional distress remained the most frequently discussed topic during counselling sessions, with a number nearly twice as high as the second most common issue, **mental disorders,** followed by **parenting concerns**.

The increasing willingness of individuals to address their emotional challenges highlights a continued positive shift in societal attitudes towards counselling. More people are seeking professional support, creating a pathway toward a healthier, more open, and supportive community.

In recent years, **parenting** challenges have become a growing concern in our society. Many parents are seeking guidance on how to improve parent-child communication, as they struggle to navigate an evolving landscape of emotional and behavioural challenges exhibited by their children. These issues often leave parents feeling uncertain and overwhelmed, highlighting the urgent need for support and resources to strengthen family connections and promote healthier relationships.

Face-to-Face
182

Phone
109

Zoom
39

Face-To-Face Cases Surges in 2024

Face-to-face counseling sessions experienced a significant surge, surpassing both phone and online counselling as the preferred mode of support. This marked a dramatic increase in demand compared to the previous year, with sessions reaching a total of 182 individuals. Through these sessions, Bodhi Counselling Centre not only impacted the individuals directly but also extended its influence to their families, benefiting an estimated more than 550 people in total.



A LOOK IN 2024

Milestones & Moments of the Year

BREAKING TABOOS:

Comprehensive Sex Education for All





Bodhi continued its mission to promote comprehensive sex education through meaningful programmes for parents, children, and educators. A key highlight was the talk "**Are Parents Aware of Their Children's Curiosity About Sex?**", helping parents understand and address their children's natural curiosity about sex. Concurrently, children attended age-appropriate workshops tailored for toddlers, those aged 9-12, and teenagers, offering a holistic family learning experience.

Bodhi also held the **Sex Education Workshop for Educators**, equipping teachers with the knowledge and skills to confidently teach sex education in schools. This initiative empowers educators to create safe, informed, and respectful environments for their students.

By fostering open communication and delivering accurate, age-appropriate education, Bodhi continues to break down barriers and support both families and educators.

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MENTAL HEALTH AWARENESS CAMPAIGN 2024:

A Fair Dedicated to Elderly Mental Wellness



This year's Mental Health Awareness Campaign embraced the theme Golden Years: Mental Wellness Fair, focusing on the mental well-being of senior citizens. Held at the Hall of Kuching Buddhist Society, the event offered a range of engaging activities tailored to the needs of the elderly, including:

- Free Traditional Medicine Consultations: Expert advice to support holistic health.
- Gentle Yoga Sessions: A calming way for seniors to improve flexibility and relaxation.
- Senior Citizen Performances: Showcasing the vibrant talents and spirit of the community.
- Mental Health Provider Booths: Resources and support from local professionals.

The fair provided a warm, interactive space for seniors and their families to learn, connect, and prioritize mental health during the golden years of life.

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Mental Health Association of Sarawak

Jabatan Kebajikan Masyarakat Sarawak

Befrienders Kuching

Sarawak Women for Women Society



EMPOWERING THE YOUTH: TALKS AND WORKSHOPS ON CRITICAL ISSUES

Bodhi Counselling Centre conducted 7 talks across local schools and organizations, focusing on empowering the youth by addressing important topics such as **emotional management, sex education and school bullying**—issues that are increasingly affecting young people today. These sessions aimed to equip students with the knowledge and skills to make informed decisions, foster healthier relationships, and navigate challenges they face in school.



In addition to school outreach, we also engaged university students through workshops and booth outreach, focusing on stress management, interpersonal relationship building, and other essential life skills.

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GATEKEEPER TRAININGS: EMPOWERING COMMUNITIES TO SUPPORT MENTAL HEALTH



Since its inception in 2022, Bodhi Counselling Centre has been committed to equipping individuals with the tools and knowledge to intervene in mental health crises through our Gatekeeper Training Program.

Recognizing the **rising suicide cases** among students, particularly in schools, Bodhi extended the program this year to secondary school students who demonstrated potential as peer gatekeepers. By empowering these students, we aim to provide early support and intervention for their peers, helping them recognize warning signs and provide crucial support to those at risk.

Additionally, we expanded the program to the general public, helping individuals understand how to identify and support those at risk. By empowering communities with these vital skills, Bodhi is fostering a proactive approach to mental health, ensuring more people are equipped to intervene and offer help when needed.







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EMBRACING LIFE AND DEATH:

A Transformative Workshop and Talk by Dr. Lo Yao-Ming

Bodhi Counselling Centre, collaborating with Kuching Life Care Society and Universiti Tunku Abdul Rahman (UTAR) , had the honor of hosting Dr. Lo Yao-Ming, a distinguished speaker from Taiwan, for two impactful events focused on life and death education in Kuching, a core value that Bodhi deeply recognizes and advocates for.

Bodhi believes in the vital importance of life and death education as a way to help individuals navigate life's inevitable transitions with mindfulness and wisdom. Dr. Lo led a thought-provoking "Experiential Life and Death Workshop", where participants engaged in mindfulness exercises and interactive activities that encouraged reflection on mortality, personal growth, and the rebirth that comes with accepting these life stages.

In addition, Bodhi hosted a separate event focused on the elderly, titled "Living a Vibrant Life in the Golden Years". In this session, Dr. Lo emphasized how seniors can embrace aging as an opportunity for a fulfilling second chapter of life, empowering them to lead a healthy, joyful, and purposeful life in their later years.

Collaborators:

UTAR UNIVERSITI TUNKU ABDUL RAHMAN
Wholly owned by UTAR Education Foundation
Co. No. 578227-M

Lifecare















FAMILY CAMP 2.0: STILL IN TIME









In 2024, Bodhi Counselling Centre, in partnership with the Kuching Association of Talent Development and Welfare of Special Needs (KATSN), hosted Family Camp 2.0: Still in Time at Dynawood Beach Stay, Sematan. This heartfelt retreat welcomed 67 participants from 20 families, supported by over 28 committed volunteers and committee members.

The camp created a supportive and enriching environment for families with special needs children, offering activities such as parent support group sessions, sibling bonding programs, and creative games for children. Memorable highlights included a Mid-Autumn campfire, beach games, and a collaborative family beach art session. Parents had the opportunity to relax and recharge, knowing their children were in the care of attentive volunteers. Expert insights from Dr. Bernard Ting and Dr. Chen Yoke Yong further enriched the experience, making the weekend both impactful and unforgettable.



67

Collaborator:

KATSN

IN THE SPOTLIGHT: AMPLIFYING VOICES FOR MENTAL HEALTH



We collaborated closely with RedFM, a prominent local radio station, to deliver engaging weekly live sessions covering a range of pressing topics, including self-discovery, parenting, interpersonal relationships, mental health, and overall well-being.

Additionally, we were honored to serve as guest speakers on TeaFM and featured contributors in esteemed local publications such as Sin Chew Daily. These platforms allowed us to broaden our reach and further advocate for mental health awareness within the community.

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A SNEAK PEEK AT 2025

Upcoming Programmes



EMPOWERING THE YOUTH WITH SCHOOL TALKS

Bodhi Counselling Centre has been committed to shaping a healthier and more informed younger generation through its School Talks Programme by registered and licensed counsellor, which addresses critical topics tailored to pre-school, primary, and secondary students. By engaging students and educators alike, we aim to foster understanding, resilience, and proactive behaviours.

Estimated Expenditure

RM 13,500.00

Including speaker fees, learning materials, marketing & promotional, millage fees

TOPICS COVERED

- Sex Education for Pre-school, Primary School and Secondary School
- Anti School Bullying
- Emotional Management and Mental Health
- Scam Prevention
- Career Exploration





THE MISSION CONTINUES: THE TEENS GATEKEEPER

Estimated Expenditure

RM 13,500.00

Including speaker fees, learning materials, marketing & promotional, millage fees

LEARNING OUTCOMES

- To increase mental health awareness among students
- To equip students with problem solving skills and introduce help resources
- To train students to provide support and care for their friends.

In response to the rising adolescent suicide cases, Bodhi Counselling Centre launched The Teens Gatekeeper Programme in 2022. Developed and delivered by registered counsellors, this initiative has equipped over 1,000 students across Sarawak with essential skills to serve as life gatekeepers within their schools.

As youth mental health challenges surge, the demand for basic helping skills will grow, particularly among **school prefects, class monitors, and PRS students**.

About The Teens Gatekeeper

A 3-hour brief programme that aimed to equips students with essential skills to **identify, support, and connect peers** in distress to professional help, fostering a safer and more compassionate school community.



MHAC 2025:
RESILIENCE GENERATION

Bodhi Counselling Centre is dedicated to promoting emotional well-being and resilience through its annual Mental Health Awareness Campaigns. Collaborating with local mental health providers, we address vital topics for students, educators, and the community.

Recent campaigns have focused on raising awareness, suicide prevention, and tailored support for the elderly. Next year, we aim to foster resilience, equipping individuals to face life's challenges with strength.

Together, we work towards a society that prioritizes and supports mental health.

Estimated Expenditure

RM 13,500.00

Including speaker fees, learning materials, marketing & promotional, millage fees

OBJECTIVES :

- Foster understanding and openness about mental health in the community.
- Empower communities to navigate challenges with strength and flexibility.
- Encourage sustainable habits for mental and emotional well-being.
- Equip individuals with skills to effectively handle crises and support others.



OUR PILLARS OF SUPPORTS

We couldn't have come this far without you!

Special thanks to:

YB Dr. Kelvin Yii
Saradise Group,
Thong Kit Auto Parts Sdn Bhd,
Yayasan Lions Kuching,
and many more!

Kuching Buddhist Society
Counselling Unit

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You can also find us in the Donation list of
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