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## EVENT NEWS

Event News Issue #17 June 2019

### UPCOMING EVENTS

#### MSC Talks: Understanding Maintenance Orders

Wednesday, 26 June 2019  
7.00 pm



Maintenance refers to financial support provided by your spouse for the welfare of you and/or your children. Having a maintenance order reduces the financial insecurity faced by spouses and parents. If you or someone you know is experiencing difficulty in receiving maintenance, we would like to invite you to attend our talk on Maintenance Orders. Our guest speaker of the night will be Of Counsel, Ms Thian Wen Yi.

[Find out more](#)

#### SWHF Heritage Walk: Walking in the Footsteps of Our Foremothers

Saturday, 22 June 2019  
4.00 pm

### AT SCWO

#### SEEDS OF CHANGE

Learn about the new Seeds of Change Fund.

[Learn more](#)

#### SINGAPORE WOMEN'S HALL OF FAME

Learn about these inspiring women of Singapore.

[View Website](#)

[View photos](#) from the 2019 SWHF induction ceremony.

#### WOMEN'S REGISTER

Sign up for [Women's Register](#) membership today.

[Learn more](#)

#### Free Legal Clinic

1st & 3rd Monday of the month  
**Muslim Law Legal Clinic**  
3rd Monday of the month

[Learn more](#)

#### Make a Donation

The Star Shelter regularly requires daily food and household items for provision to our residents.

[Learn more](#)

#### Facilities & Services

The **Bonny Hicks Education & Training Centre** is well equipped for training courses, workshops and meetings with 5 rooms ranging from 21sq m to 112sq m in size.

[Learn more](#)

#### IT Hub

A Training Centre run by volunteers for women and their family members to become IT connected and updated.

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## WALKING IN THE FOOTSTEPS OF OUR FOREMOTHERS

DATE: Saturday, 22 JUNE  
 TIME: 4 PM TO 6 PM  
 MEETING POINT: SCWO Centre  
 (96 Waterloo Street)  
 PRICE: \$10/pax

Organised by:


[Find out more](#)

### MEMBER'S EVENTS

## “I WANT TO BE A MUMPRENEUR” – Starting & Growing A Small Business From Home

Friday, 28 June 2019

Organised by *Mums@Work*

Ever wanted to start a Mumpreneur business from home to find some work-family balance? Just started a small biz and don't know how to grow it? Then this workshop is perfect for you!

### WHO IS THIS WORKSHOP FOR?

Mothers who are:

- thinking of starting their own business
- in the early stages of planning their own business
- curious about what a MUMPRENEUR is – and whether it's a career path for you?

[Find out more and register](#)

### OTHER ACTIVITIES

## Towards Mindful Living

Saturday, 20 July 2019

Organised by *Cadence Coaching and Consulting*

Towards mindful living is a workshop intended to provide a conducive space for participants to rejuvenate, and to support them in enhancing their well-being through engaging in relaxation and mindfulness practices. Relaxation exercises help us to move out of an aroused, activated, stressed state into a calmer and regulated state. Together with mindfulness practices, we will learn to step out of our automatic pilot mode and become more aware of our thoughts-feelings and our experience in the here and now. This allows us to cut through the clutter and be more present and clear on the actual experience/issues. Being present and having clarity enable us to make conscious choices on how we may want to act and respond so that we can be more effective.

## SCWO Video Gallery

Catch previous IWD videos and WR presents talk session on our Video Gallery page!

[Learn more](#)

## Books for Sale



The Singapore Women's Hall of Fame Inaugural (2014), 2015, 2016, 2017, 2018 & 2019 editions can now be purchased at SCWO Centre.

[Learn more](#)

## SCWO Brooch for Sale

The logo brooch with coloured rhinestones is guaranteed to put a sparkle on any outfit.

[Find out more.](#)

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## 2019 World Edition of Break the ceiling touch the sky - the success and leadership summit for women®

Monday, 2 September 2019

Organised by House of Rose Professional

The 2019 World Edition of the summit features over 30 inspirational leaders from the worlds best organizations to share with delegates their best practices for success and leadership and an additional 25 international leadership coaches and business leaders supporting House of Rose Professional's customised mentoring module.

[Find out more and register](#)

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