

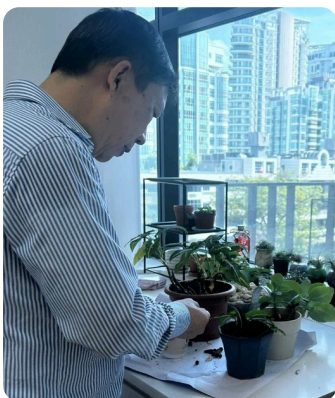


Hello from #YourCALPal!



Dear caregiver and friends, as we conduct talks, workshops and other meaningful pursuits between May and July, we invite you to read our stories, enjoy the smiles captured, experience the lighter moments we shared with colleagues, caregivers and communities, and pick up plant hacks and life lessons at the same time.

*Love,
#YourCALPal*



The Plantsman in the office is our Boss

Between meetings and emails, why is CAL CEO



Add New Friends, Subtract Stale Air

Queen of Numbers, Candice, has never cared for plants, yet the six sophisticated succulents in our office have won her over.



Dress for Success

With Melissa's magic fingers, who knew that dressing for success also applies to the pots her plants call home.

Tim Lee sneaking to the office windowsill?



Health Is Wealth

Age is just a number! If Ye Ye Chan can propagate 100 money plants to advocate for mental health, why can't you?



My Dog Killed My Plant

Walk your pet or watch your plant meet its threat! Our Donor Relations Manager, Song Jie, certainly learnt this the hard way.



A Mother's Love Knows No Bounds

Much like caring for plants, the journey to caregiving is full of ups and downs. What matters is sticking together to the end, like this mother-son duo!



Repot, Resoil, Reinvigorate

And that's exactly what Programme Manager Kathleen and her hubby did on a rainy Saturday, giving life to old porcelain and succulents.



Mama and Papa Yong: Cultivating Resilience

When you're a wordsmith at work, but a plant killer at home, yet refuse to give up, what do you do? Recruit your parents to sow seeds of resilience!



Aloe from The Other Side

Gifted an aloe vera and a mint plant by a thoughtful colleague, we wonder if the secret to Annie's plants thriving is the gift of friendship and singing to Adele's tunes daily. Hmm..



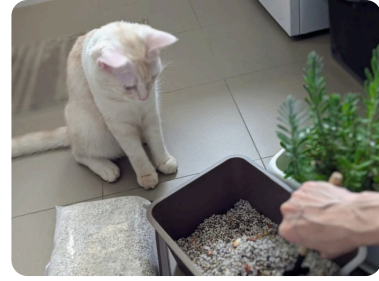
Joyfully cared for by Joy

Breathe in joy, exhale happiness. Like how Joy cares for our C2C participants behind the scenes as the Ops & Admin staff, her plants bloomed and came to life through her tender loving care.



Succulent Success: Gone in Seconds!

One fine morning, Pauline unknowingly became a plant supplier, Jerry became an auctioneer, and before you know it, succulents were flying off our windowsills! Teamwork certainly makes the dream work.



Purring High on Catnip

"While I prefer beef and tuna over catnip, won't you adopt a catnip plant and make our neighborhood cat friends happy, like my pawrent did?" meows Gosti, the cat of Teri, our ICT Executive.

BE AN ADVOCATE FOR MENTAL WELLNESS

Help fund our programmes and services to support caregivers of loved ones with mental health issues and dementia.

DOUBLE THE IMPACT

*Donations during the campaign period are matched dollar-for-dollar by Tote Board. Donations \$50 and above are also eligible for a 2.5x tax deduction.

[Donate now!](#)

About Caregivers Alliance Limited (CAL)

CAL is a non-profit organisation in Singapore dedicated to meeting the needs of caregivers of persons with mental health issues and dementia through education, support networks, crisis support, tailored services and self-care enablement.



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For more information, visit
www.cal.org.sg
www.cal4mentalwellness.sg

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