

**PPIS Strengthens Stepfamilies: Celebrating Togetherness**

**Sunday, 1 December 2019.** Today, PPIS Vista Sakinah organised its Stepfamily Dinner Celebration at the Gardenhouse, Jurong Lake Gardens. Senior Parliamentary Secretary for Social and Family Development Assoc Prof Muhammad Faishal Ibrahim, together with 48 stepfamily members took part in the dinner celebration. The celebration also marked the end of an exciting two-day stepfamily retreat, themed “Stepfamilies: Celebrating Togetherness”.

During the retreat, PPIS Vista Sakinah, a centre for stepfamilies in Singapore, introduced an adaptation of the **Smart Steps** programme for stepfamilies. The programme is a research-based educational curriculum developed by the National Stepfamily Resource Centre, U.S.A., and designed for remarried couples and their children.

For this pilot run, PPIS Vista Sakinah focused on Couple and Stepfamily Strengths, Step-Parenting, and Managing Family Stress. The centre had customised the programme to suit the local context and hopes through this pilot, they could gather insights on how to better adapt the programme to benefit stepfamilies in Singapore. At the forefront of efforts in supporting stepfamilies, PPIS Vista Sakinah strives to impart the belief that togetherness in a stepfamily goes beyond physical bonding; it can also take the form of building social, emotional and even spiritual connections.

More of such enhanced support for stepfamilies is needed as stepfamily formation can be more complex and involve significant transitions for its members. Hence, PPIS is committed to helping remarried couples and their children better navigate the challenges of stepfamily life.

Mdm Rahayu Mohamad, President of PPIS, said, “PPIS strongly believes in the importance of nurturing stepfamilies and hopes to remain steadfast in our mission to strengthen families. Besides post-marriage programmes, PPIS Vista Sakinah also looks into providing remarriage preparation support to help couples make informed decisions for their stepfamily life.”

To support the formation of strong stepfamilies, the Ministry of Social and Family Development (MSF) has waived programme fees for couples that attend *Program Memupuk Kasih* (PMK), the tailored remarriage preparation programme offered by PPIS Vista Sakinah, with effect from November 2019.



Senior Parliamentary Secretary for Social and Family Development Dr Faishal said, “The Government works closely with community partners to support Malay-Muslim families at their key life stages, including remarriages. Remarriages and stepfamilies may face issues that are unique and more challenging, given the significant adjustments needed. I hope that more remarrying couples will take part in *Program Memupuk Kasih* as they begin as a family. The programme will help them to forge strong and stable relationships as a family.”

**Event Details:**

Date: Sunday, 1 December 2019

Time: 6.30pm – 9.00pm (GOH will arrive at 8.00pm)

Venue: Gardenhouse, Jurong Lake Gardens

The event was held in English and Malay.

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### **About PPIS**

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is a non-profit organisation focused on services for women, family and children. We are dedicated to working with women of all ages in carrying out their multiple roles in society. PPIS runs three core community services namely; Family Services, Student Care and Early Childhood Education (ECE). With 16 centres island wide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families.

### **About PPIS Vista Sakinah**

PPIS Vista Sakinah specialises in preparing and strengthening remarriages. We collaborate with couples and families to develop resilience and nurture tranquillity within their stepfamily lives. Our services cater to couples preparing for their journey of remarriage, stepfamilies seeking enrichment for stepfamily living, private consultations for couples and support children with their adjustment and adaptation to stepfamily life.

PPIS Vista Sakinah also provides training and consultation on ways of working with stepfamilies for social workers, counsellors, teachers and those in the helping professions.

For more information, please visit: <http://www.ppis.sg>.

### **About the Smart Steps Programme**

This 6-session research-based educational curriculum written by Dr Francesca Adler-Baeder from the National Stepfamily Resource Centre, is designed for remarried or partnering couples and their children. It focuses on building couple and family strengths while addressing the unique needs and issues that face couples in stepfamilies.

Children and adults attend parallel sessions, coming together at the end for a shared activity.

The program uses informational presentations, group discussion, and a multi-media approach to teach strategies for building healthy relationships and stable stepfamilies.