







Empowering Voices and Actions
for Single Mothers and Widows

-  **Date:** Saturday, 2 May 2026
-  **Time:** 9:00 AM – 4:00 PM
-  **Venue:** Multi-purpose Hall,
Bishan Community Club
-  **FREE ADMISSION**
(with registration required)



Joining Us
**Ms. Elysa
Chen Shiyun**
Adviser to Bishan-
Toa Payoh GROs



9:00 AM	Registration Opens Start your day with a welcome and an exclusive goodie bag <i>(while stocks last)</i>
9:30 AM	Opening Address
10:15 AM	Panel Discussion & Q&A Gain insights from experts and real experiences on support for women
11:00 AM	Buffet Lunch
12:00 PM	Superfoods for a Steal * Learn how to defend your body without breaking the bank
12:45 PM	Understanding Your Legal Rights * Know your rights and make informed decisions with confidence
1:30 PM	Digital Wellbeing in the Age of AI * Understand doomscrolling, device habits, and healthier ways to use technology
2:30 PM	The Quiet Strength Within Find your inner strength and receive a free PDF of "The WAND Way to Resilience"
3:00 PM	Closing Address

EVA is for you

Calling all women! Come celebrate the launch of EVA. Be part of a meaningful movement and discover knowledge that empowers you

* Parallel Sessions (12:00 PM – 2:30 PM)



Pick up quick, easy exercises for building strength at home/work with **Gentle Pilates**



Build calming and grounding skills to manage stress with **Mindfulness Practice**



Discover helpful support and resources from **TCC & WINGS booths**



Child Minding Corner available (ages 4-12)

Pre-event registration is required; walk-ins are not available

A Joint Initiative By



Supported By



Register Now!

Come with your friends and family, and spread the word to other women!



SCAN THE QR CODE