



CLM e-News
July 2006

Calvary Life Ministries

Giving You Hope, When Life Hurts



*HeART Club is
a friendship
club that
reaches out to
special needs
children...*

ANNOUNCEMENTS / EVENTS



HeART Club Art Camp

(Venue: Calvary Church, Damansara Heights; Date: 21, 22 Aug; Time: 9am-4pm)

Who is it for?

- ♥ * Special needs children (aged 7 – 17)
- ♥ You do not need to be a current member of HeART Club to register for this camp. We are giving preference for children who are not members of HeART Club, and also HeART Club members who have yet to attend any art workshops organised by us.

What do we have in store for you?

Professional art instructor, Ms. Joy Chong of Dragonfly Art Cottage will conduct 2 days of fun-filled activities with a BUTTERFLY theme...Drawing, making stories, giant butterfly puppet, collage, rock painting and even a butterfly cake!

- ♥ It's a showcase for abilities/talents
- ♥ Make friends
- ♥ Have fun
- ♥ Enjoy new experiences
- ♥ We give parents/caregivers a break!

Notes:

- ♥ * Children with special needs including learning difficulties, developmental or physical disabilities
- ♥ You can find out more about HeART Club by accessing our website at http://www.clm.org.my/services/reaching_community.html

JUST FACTS

Facts about SUICIDE

People who talk about suicide do it.

About 80% of the time, people who kill themselves have given out definite signs or talked to someone about it.

People who are suicidal don't actually want to die.

Most suicidal people don't really want to die, they just want the pain to stop.

Talking about suicide will not encourage someone to try it.

It is more likely that giving someone the opportunity to talk openly about their feelings will in itself reduce the risk of suicide.

Any person can be the "suicidal type".

People of all kinds, cultures, ages and incomes commit suicide. Don't ever dismiss your premonitions about someone because they're "not the type".

The reasons for suicide are deep and long-standing.

For example, it may look like a guy attempted suicide because his girlfriend broke up with him. But the low self-esteem and feelings of worthlessness that made the break-up so devastating for him would have began a long time ago.

People who are depressed are especially at risk.

According to Professor T. Maniam (Psychiatry Department, Universiti Kebangsaan Malaysia), about 60-70% of all suicide cases are involving people suffering from clinical depression.

CONTACT US

Calvary Life Ministries
Tel: 03-77103360
Email: clm@clm.org.my
Web: www.clm.org.my

Director:
Pam Guneratnam (MSc)