

*“We honour ourselves
when we speak out
for recovery.*

*We show the world
that recovery matters
because it brings hope
and peace into the lives
of individuals and
their loved ones.”*

– Beth Wilson



*Embrace the Journey,
Support Your Loved Ones.*






BRIDGE Evening Support Group

NATIONAL ADDICTIONS MANAGEMENT SERVICE

10 Buangkok View
Buangkok Green Medical Park
Block 9, Basement 1
Singapore 539747

General Enquiries: 6389 2000
Appointment Line: 6389 2200

-  www.nams.sg
-  National Addictions Management Service
-  @nams.sg



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Mar 2025

**NATIONAL
ADDICTIONS
MANAGEMENT SERVICE**

Importance of Support Groups

In addiction recovery, support groups are intended to complement the process of rehabilitation. It allows persons with addiction to share their personal experiences. Support group provides emotional guidance and support for persons with addiction when cravings strike.

Recovery takes a village, and group support can be a great place to find people who have struggled too, and have found ways to stay in recovery.

The BRIDGE recovery support group at NAMS is a fellowship of persons in recovery who have come together to share their experience, strengths and hope to empower each other on the road to recovery from addiction. Our goal is to stay sober and to help others achieve sobriety. You will get an opportunity to hear first-hand from different persons in recovery on issues related to addiction & recovery.

We follow the rule of confidentiality, where whatever was shared will not be repeated outside of these sessions.

Benefits of joining a support group:

- Learn from others with similar experiences
- Safe, non-judgmental outlet
- Motivation to continue your sobriety
- Opportunity to encourage others
- It is free!

*To that one soul
reading this...
I know you're tired,
fed up and,
close to breaking...
but there's strength
within you, and from the
recovery community...
Keep fighting.*



When:	Every Tuesday (Except Public Holidays and eve of Public Holidays.)
Time:	7 pm to 8.30 pm
Location:	NAMS Clinic, Institute of Mental Health Block 9, Basement 1 (Carpark G), 10 Buangkok View, Buangkok Green Medical Park, Singapore 539747

How to join: Please inform your NAMS counsellor.