

STORIES FROM WITHIN

As the primary caregiver of her four young children, Mdm Huraizah's life centred around her children and their needs. Over time, a sense of isolation set in, and she struggled with feelings of despondency as her personal identity seemed to be reduced solely to that of a mother.

It has been two years since Mdm Huraizah joined BLESS Mums. She is now connected to a community of mums whom she had formed meaningful friendships with. Through this programme, she has discovered emotional support and camaraderie with fellow mothers facing similar situations and gained self-help skills taught in workshops. Participating in outings organised by BLESS Mums also gave her opportunities of me-time.

Instead of feeling defeated by her circumstances, Mdm Huraizah now feels empowered to overcome challenges as she steps into the workforce. Her emotional resilience and determination shines through as she strives to carve a better life and well-being for her family for the days ahead.

Mdm Huraizah

BLESS Mums Participant

BLESS MUMS