

S/N	Course	Course Description	Course Fee After Subsidy	Duration (Hours)	Area of Training	Training Provider	Training Provider's Contact
1	Emotional Regulation (L1)	This comprehensive module focuses on teaching learners to identify emotions in themselves and others, recognize ready vs. not-ready behaviors, and apply calm kit tools and mindfulness strategies for self-regulation. The curriculum progresses from basic emotional identification to complex scenario-based role-playing, and the application of regulation techniques in public settings.	\$27.00	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co
2	Building Conversation Skills (L1)	This module builds the foundational skills for self-expression and interaction, focusing on communicating basic needs and preferences, initiating simple requests, responding to questions, and demonstrating good listening behaviours.	\$27.00	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co
3	Working with others (L1)	This module teaches essential social and communication skills needed for group interaction and collaboration. The lessons focus on understanding ownership ("mine" and "yours"), asking permission, practicing turn-taking, developing listening skills, and successfully participating in collaborative group activities.	\$27.00	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co
4	Introduction to Boundaries & Relationships (L1)	<p>This module focuses on equipping learners with essential digital safety and self-protection skills in a mobile environment. The curriculum introduces learners to the risks of online scams, teaching them to identify key "Red Flags" in various communication channels (calls, messages, e-commerce, social media). Activities emphasise hands-on application of protective measures, including practising decisive actions against suspicious callers, sorting scam messages, implementing data security through safe passwords and PINs, and recognising the role of protective technology like ScamShield.</p> <ul style="list-style-type: none"> - Learners will learn how to recognise scam calls and messages. - Learners will learn how to recognise e-commerce scams. - Learners will learn how to keep their mobile devices safe against malware. - Learners will learn to protect their data and use passwords. 	\$27.75	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co

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5	Building healthy relationships and boundaries (L2)	This programme empowers learners to understand personal boundaries, navigate different types of relationships, and respond safely to uncomfortable situations. Through engaging games, role-plays, and hands-on activities, participants learn to communicate their boundaries confidently, recognise which information is appropriate to share with different people, and identify warning signs in relationships. The course culminates in practical skills for seeking help from trusted adults when needed.	\$29.25	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co
6	Digital Literacy L1: Using Electronic Devices	This module provides foundational skills for safely and effectively operating electronic devices, primarily focusing on mobile phones. The curriculum covers basic device recognition, essential communication functions (calling and messaging), and device navigation. Activities are largely hands-on and gamified to build confidence in tasks like turning the device on/off, managing calls, sending texts, and adjusting settings.	\$19.50	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co
7	Digital Literacy L2: Mobile Safety & Scam Protection	This module focuses on equipping learners with essential digital safety and self-protection skills in a mobile environment. The curriculum introduces learners to the risks of online scams, teaching them to identify key "Red Flags" in various communication channels (calls, messages, e-commerce, social media). Activities emphasise hands-on application of protective measures, including practicing decisive actions against suspicious callers, sorting scam messages, implementing data security through safe passwords and PINs, and recognizing the role of protective technology like ScamShield.	\$19.50	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co
8	Managing My Money 101	This module aims to introduce basic knowledge of counting money, pay using cash, simple budgeting and saving, and protecting oneself from unsafe monetary requests.	\$23.50	10	Personal Development	A Kind Place Pte Ltd	8757 8049 hello@akindplace.co

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9	Healthy & Safe Relationships	This course helps trainees develop a clear understanding of bodily development, personal health, and safety during puberty and early adolescence. Trainees will learn about physical and emotional changes during puberty, and understand that these changes are normal. The course also covers basic knowledge of sexually transmitted infections (STIs) and HIV/AIDS, including how they are transmitted and how infection can be prevented. In addition, trainees will learn about personal boundaries, including the difference between public and private spaces, and how to recognise and respond appropriately to feelings of sexual attraction in a safe and respectful manner.	\$25.00	16.5	Personal Development	APSN Ltd	alh@apsn.org.sg
10	Physical, Mental & Emotional Health 102	This course helps trainees develop awareness of personal wellbeing and emotional self-management in everyday and work-related situations. Trainees will learn healthy habits such as maintaining good posture, managing weight, getting adequate sleep, and practising proper eye care. They will also explore simple self-regulation strategies, such as deep breathing and counting to calm themselves in challenging situations. In addition, trainees will learn to recognise their own emotions and those of others, identify emotional triggers such as anxiety or anger, and respond in more constructive and appropriate ways.	\$25.00	16.5	Personal Development	APSN Ltd	alh@apsn.org.sg
11	Adulting 201: Building Daily Routines for Independent Living	This 3-day course is designed for adults on the autism spectrum seeking to increase their independence through an authentic and immersive experience focused on essential life skills. Throughout the course, participants will engage in hands-on learning, interactive workshops, and collaborative activities to develop foundational independent living skills. From mastering practical tasks to fostering social connections, each aspect of the program is carefully crafted to empower individuals to thrive in various aspects of community living.	\$58.75	31	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg

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12	Adulting 201: Embracing Independent Living - Home Management & Community Travel	This 3-day workshop is designed for adults on the autism spectrum who have a foundational understanding of self-care and daily routines. The course is focused on taking established personal skills and applying them to two new areas: managing a home and confidently travelling in the community. Through structured, hands-on practice, participants will learn simple systems for home management and become more familiar with community travel on public transportation. The goal is to build further competence and confidence in managing essential daily life tasks outside of their immediate living space.	\$58.75	31	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
13	Friendship 102: Having Conversations	Starting and keeping a conversation going can sometimes feel challenging, especially when you are unsure what to say or how to respond. This course helps learners develop practical skills for starting, maintaining, and ending conversations in a natural and confident way. This workshop is part of the Friendship course series, designed for adults on the autism spectrum who: <ul style="list-style-type: none"> - Want to make and keep friends - Wish to feel more confident in social situations - Hope to connect meaningfully with others - Aim to strengthen their independence by building positive social relationships 	\$13.50	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
14	Friendship 101: Cracking the Code of Social Interactions	This workshop is designed for adults on the autism spectrum who: <ul style="list-style-type: none"> - Are interested in making and keeping friends - Want to increase their confidence and ease in navigating various social situations - Want to make meaningful connections with others 	\$13.50	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg

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15	Friendship 201: Managing Disagreements	Disagreements are a normal part of any friendship. Learning how to handle them calmly and respectfully helps friendships stay strong. This course is part of the Friendship series, designed for adults on the autism spectrum who: - Want to make and keep friends - Wish to feel more confident in social situations - Hope to connect meaningfully with others - Aim to strengthen their independence by building positive social relationships	\$13.50	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
16	Adulting 101: Living Healthy and Well on the Autism Spectrum	Achieving a healthy lifestyle is about more than just diet and exercise –it’s about finding balance in all areas of life. This course is designed specifically for adults on the autism spectrum who want to improve their overall well-being and take their first steps towards living a healthier, more fulfilling life.	\$13.75	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
17	Adulting 101: Safe and Secure - Essential Home Safety Skills	This interactive workshop is designed specifically for adults on the autism spectrum to learn essential home safety skills. Participants will gain knowledge and skills in three vital areas of home safety: fire safety, basic first aid, and home security.	\$13.75	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
18	Adulting 201: Stepping into Independent Living as an Adult	This one-day course is designed for adults on the autism spectrum seeking to have an exposure to independent living and acquire some basic self-care and home living skills.	\$16.80	8	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
19	Adulting 101: Unlocking My Community - Confident Access to Singapore's Community Services	This workshop is designed specifically for adults on the autism spectrum to build the knowledge and confidence required to access essential public services in Singapore. The course demystifies key community touchpoints in three vital areas: Leisure & Fitness, Medical & Healthcare, and Financial & Civic Matters.	\$13.75	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg

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20	Adulting 101: Kitchen Starters - Preparing a Western Brunch	This workshop is a hands-on, introductory cooking class designed specifically for adults on the autism spectrum. The course aims to build confidence in the kitchen by teaching foundational cooking skills through the preparation of simple Western brunch items in a home environment. Participants will also gain essential knowledge about food safety and hygiene. Emphasis will be placed on understanding safe food handling practices, maintaining a clean cooking environment, and applying basic hygiene techniques to prevent foodborne illnesses.	\$18.65	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
21	Adulting 101: Basic Home Fixes for Adults on the Autism Spectrum	In this course, participants on the autism spectrum will gain the confidence and skills to tackle common household repairs. Step-by-step guidance will be provided to support participants in learning strategies to resolve practical tasks such as minor plumbing issues and changing light bulbs safely.	\$13.75	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
22	Adulting 101: Scam Awareness for Adults on the Autism Spectrum	This course is designed specifically for adults on the autism spectrum to build the knowledge, skills, and confidence needed to identify and avoid scams. We will discuss real-world examples and engage in practical activities to learn more about common types of scams and their warning signs.	\$13.75	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
23	Adulting 101: Basic Money Management	This workshop is designed for adults on the autism spectrum who are interested in developing the foundational skills for money management. At the end of the workshop, participants will gain motivation and build some simple skills to spend and save money within their means.	\$13.75	7	Personal Development	Autism Resource Centre (Singapore)	lina.kam@autism.org.sg
24	Community Mobility Level 1	<ol style="list-style-type: none"> 1. Introduce the modes of public transport in the community 2. Guide the learners to differentiate the pedestrian safety signs 3. Guide the learners to observe safety rules in pedestrian crossing 4. Introduce items required for local travel 5. Introduce onboarding processes for different modes of transport 6. Introduce safety equipment when using personal mobility devices or bicycles 7. Introduce overseas travel documents 	\$16.00	8	Personal Development	Bizlink Centre Singapore	6449 5652 training@bizlink.org.sg

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25	Community Mobility Level 2	<ol style="list-style-type: none"> 1. Explain where and how to take public transport 2. Explain and demonstrate the appropriate social interactions and etiquette while travelling on different types of public transport 3. Explain where and how to seek assistance when encountering problems during commute 4. Introduce the safety equipment on different modes of transport 5. Explain on the instructions and directions to follow to arrive at a destination on different modes of public transport 6. Guide learners on the accessibility options available on different modes of transport 	\$40.00	20	Personal Development	Bizlink Centre Singapore	6449 5652 training@bizlink.org.sg
26	Community Mobility Level 3	<ol style="list-style-type: none"> 1. Explain on the use of EZ-link card 2. Guide learners on the process for topping up EZ-link card 3. Guide learners on the use of ride-hailing app to book local transport for commuting 4. Introduce on the navigation at the airport for air travel 5. Guide learners on the use of transport app to plan a journey 6. Guide learners on the use of GPS to arrive at the destination 7. Guide the learners on where and how to check bus/train schedules 	\$16.00	8	Personal Development	Bizlink Centre Singapore	6449 5652 training@bizlink.org.sg
27	Personal Hygiene and Grooming for Work	<ol style="list-style-type: none"> (i) What is Personal Hygiene? (ii) Why is there a need to maintain Personal Hygiene? (iii) What are the aspects of Personal Grooming? (iv) Why is it important to ensure appropriate Grooming for Work Context? (i) Learn what are the areas that needs attention in the various aspects of grooming including <ul style="list-style-type: none"> -Hair -Clothes -Nails -Footwear -Overall attire and appearance 	\$18.00	8	Personal Development	Bizlink Centre Singapore	6449 5652 training@bizlink.org.sg

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28	L1: Mental Health Made Understandable: Emotions, Stress, and Wellbeing	<p>This course helps participants build a simple and practical understanding of mental health in everyday life.</p> <p>Participants will learn how to recognise and name common emotions, understand that mental health can change over time, and notice general signs of wellbeing and distress. They will also explore how stress can affect thoughts, emotions, and the body, and learn to recognise early signs that additional support may be helpful.</p> <p>By the end of the course, participants will be able to identify basic sources of support and understand simple steps they can take when their mental wellbeing is affected.</p>	\$9.00	8	Personal Development	Blended Concept Pte Ltd	90615844 hello@blendedconcept.com
29	L2: Cognitive Tools for Emotions, Stress, and Self-Regulation	<p>This course helps participants learn practical thinking and communication tools to manage emotions and stress in everyday situations.</p> <p>Participants will learn how to recognise common situations that trigger emotional stress, and use the STFB framework - Situation, Thought, Feeling, and Behaviour - to understand how thoughts can influence emotions and reactions. They will also practise simple strategies such as pausing, shifting attention, and reframing thoughts before responding or communicating.</p> <p>By the end of the course, participants will be able to recognise when they may need support, decide who to approach, and communicate their emotions and needs more clearly and respectfully using simple I-statements.</p>	\$9.00	8	Personal Development	Blended Concept Pte Ltd	90615844 hello@blendedconcept.com

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30	L3: Mindfulness and Self-Help Practices for Daily Life	<p>This course helps participants understand and practise simple mindfulness and self-help strategies that can support mental wellbeing in everyday life.</p> <p>Participants will learn what mindfulness is, how it can support emotional awareness, and how thoughts, feelings, and body sensations are connected. They will also explore the importance of self-care, recognise signs of stress and burnout, and practise basic mindfulness techniques such as mindful breathing, grounding, body awareness, and self-compassion.</p> <p>By the end of the course, participants will be able to use simple tools such as guided practices and feeling trackers to reflect on their mental wellbeing and build self-care habits that fit into their daily routines.</p>	\$9.00	8	Personal Development	Blended Concept Pte Ltd	90615844 hello@blendedconcept.com
31	More than Speech: Using Technology for Communication	<p>This programme aims to support the development of communication skills using technological methods such as text messages, Whatsapp messages, emails and voicemail; understanding text messages received; potential spam and scam messages and what to do in the event of. Participants will learn technological communication etiquette, appropriate statements, punctuation etc for different social scenarios such as to initiate conversation/bring up issue. Participants will have opportunities to practice with the trainer and/or other participants.</p>	\$21.00	12	Language Skills	Click Pte Ltd	8684 6458 jean@clicksped.sg
32	Digital Wellness (Scams and Fake News)	<p>Don't be a target online. Learn to identify online scams, verify news sources, and protect your data over four sessions to ensure your online safety and peace of mind.</p>	\$14.00	8	Education and Training	Click Pte Ltd	8684 6458 dawn.ng@clicksped.sg

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33	Managing Emotions & Daily Stress	<p>Adults with special needs frequently experience emotional stress arising from daily routines, social interactions, environmental demands, and task expectations. When stress is not recognised or managed effectively, it may lead to emotional dysregulation, withdrawal, reduced participation, or challenging behaviours that limit independence and engagement in daily living and work-related contexts.</p> <p>The Managing Emotions and Daily Stress course is designed to equip participants with practical, observable, and repeatable skills to recognise early signs of emotional stress, regulate their emotional and physiological responses using simple, body-based strategies, and make functional choices that allow them to continue participating safely and meaningfully in daily activities.</p> <p>Rather than focusing on abstract emotional concepts, the course emphasises functional emotional regulation—what participants can do when they feel stressed—making the learning highly accessible and applicable for adults with cognitive and communication challenges.</p>	\$11.40	7	Education and Training	MIJ Training & Consultancy LLP	farah.nadia@mijhub.com

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34	Safe Relationships & Personal Boundaries	<p>Safe Relationships & Personal Boundaries is a structured, classroom-based training programme developed by MIJ Academy, the training arm of MIJ Hub, a special needs service provider established in 2011. MIJ Hub serves individuals aged 4 to 35 years old across Early Intervention Programme for Infants and Children (EIPP), EI Target, Student Care, Day Activity Centre (DAC), Readiness Adult Programme (RAP), and Work Readiness Adult Programme (WRAP).</p> <p>This 4-day programme (2 hours per day, inclusive of a 15-minute break) is designed for adults with special needs who require low to moderate levels of support, including individuals with intellectual disability, autism spectrum disorder, global developmental delay, Down syndrome, and ADHD. The programme focuses on building practical, functional skills related to personal safety, interpersonal relationships, and boundary-setting in everyday adult contexts.</p>	\$16.00	8	Education and Training	MIJ Training & Consultancy LLP	farah.nadia@mijhub.com
35	Bridge Transitional Programme (BTP)	BTP aims to provide a holistic education and personalised curriculum to persons with Muscular Dystrophy and other severe physical disabilities through personalised curriculum - combining vocational and functional skills training to build personal competencies in pre-employment skills, work readiness and community participation.	\$252.15	492	Personal Development	Muscular Dystrophy Association (Singapore)	contact@mdas.org.sg

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36	Intro to Cooking	<p>1. Learners request and obtain cooking ingredients, decline certain items, and identify personal preferences during cooking activities.</p> <p>2. Learners understand healthy vs unhealthy ingredients and make healthier choices in baking recipes.</p> <p>3. Learners wash hands before preparing food, use clean utensils, and maintain hygiene during baking activities.</p> <p>4. Learners identify baked goods to prepare, retrieve ingredients, and use simple kitchen equipment in baking preparation.</p> <p>5. Learners handle hot baking equipment with care, use ovens safely, and understand risks associated with hot equipment.</p> <p>6. Learners recognize changes/challenges during cooking, take simple steps to cope (asking for breaks), and practice strategies to manage difficulties.</p>	\$17.50	7.5	Personal Development	Seeteey Pte Ltd (Flour Power)	8749 1330 enquiry@flourpower.sg
37	Basic Cooking 1	<p>This module introduces participants to foundational cooking skills while building essential self-care and hygiene habits for daily living. Through hands-on cooking activities, participants learn proper hand washing routines, maintaining clean appearance, food hygiene practices, and personal health awareness. Cooking serves as the engaging vehicle for developing these critical daily living competencies that transfer to all aspects of home and community life.</p>	\$32.00	16	Personal Development	Seeteey Pte Ltd (Flour Power)	8749 1330 enquiry@flourpower.sg
38	Basic Cooking 2	<p>Basic Cooking II focuses on preparing learners for team-based and time-sensitive kitchen environments. Learners practise working in defined roles, managing multiple cooking tasks, and using professional time management systems such as mise en place and cooking schedules. The programme includes advanced safety skills, including fire prevention and emergency response, and strengthens learners' ability to evaluate problems, adapt plans, and persist through challenges. Learners are guided to reflect on performance, receive feedback constructively, and set personal improvement goals. Upon completion, learners demonstrate readiness for more independent and vocational kitchen settings.</p>	\$42.50	24	Personal Development	Seeteey Pte Ltd (Flour Power)	8749 1330 enquiry@flourpower.sg