

RECESS TIME

www.recesspsychsg.com, (65) 88584153

February 2026

Effective Neurodivergent Support

Although traditional talk therapy and coaching are common approaches to supporting the neurodivergent population, recent research highlights the use of alternative methods, such as using board games and Dungeons & Dragons (D&D) as therapeutic approaches. These games reduce anxiety, hold space, and facilitate social communication through a natural way of play.

At RECESS, we employ these interest-based, motivation-driven methods into our sessions to make them more effective.

After all, why not weave ENGAGEMENT and STRENGTHS into a sustainable form of support?



Austin Leong

Counsellor and Coach

SURVEY ON TALKS

RECESS is planning some free talks and workshops and would like your feedback on topics you would like to hear about. Please help complete this 1- minute survey.



EVENT HIGHLIGHT

Parent Talk at Overseas Family School on ADHD

by Dr Penny Tok
30 January 2026 (Friday)

Parent Support Group: Communication and Connection - 2

26 February 2026 (Thursday), 10am - 1130am, Orchard

Counselling Neurodiverse Children and Teens

by Austin Leong and Marina Jiaxin
13 March 2026 (Friday), 7.30pm - 8.30pm, Online

FREE to attend but registration is compulsory or you may be refused entry if the session is full.
Contact 88584153 to register.

Is it a Can't or a Won't?

(Nora, Early Years Specialist)

"She can't recall what she needs to do."

"He won't do it even after I told him to."



It is easy for us to assume that a child is misbehaving, when they have big reactions, don't listen, and don't follow instructions. Often, we start by asking parents, "Is your child unwilling to do as told or are we missing something?" Some "defiance" may be linked to deficits in skills such as the ability to listen and follow multi-step instructions, organisational skills (which do I do first, how can I do this effectively), attention lapses, and possible visual motor challenges.

"Other challenging behaviours may be linked to difficulties in communicating their needs or a lack in ability to regulate themselves especially in highly emotional situations. Maybe the next time a challenging behaviour occurs, we can first ask ourselves, "Is my child unwilling or are they unable to do as told?" as this will change our response from one of frustration to empathy and support.

RECESS regularly provides one-on-one, group coaching sessions as well as parenting talks on supporting challenging behaviours. Look out on our socials for updates!

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Cooperative Games

(Jaral, Trainee Counsellor and Coach)

Cooperative games in dyads and triads are highly useful in building teamwork, problem solving, perspective taking, and social communication. In such games, children plan their strategies and work towards a common goal to achieve their success. In a therapeutic environment, these games ease anxiety towards loss, providing a safe and low-pressure environment to build cognitive, social, and emotional regulation skills while strengthening trust and rapport.

At RECESS, we often incorporate cooperative games in both individual and group sessions for children to build these skills while having fun too! We highly recommend tabletop games such as Outfoxed, Forbidden Island, Saboteur, and Codenames. Try them at home!





New RECESS Members

Megan Tan

Intern Counsellor
Master of Guidance and
Counselling – In progress

Services available:

- Psychotherapy
- Counselling sessions



Megan is a student studying her Masters in Guidance and Counselling at James Cook University. She will be supervised by Dr. Penny Tok and will offer lower-cost counselling services at RECESS. She has a personal interest in counselling the neurodivergent population through roleplaying tabletop games.

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Front Desk & Administrative Support

We're excited to share that a new member will be joining our administrative team soon. This will help the clinic run more smoothly and allow us to support you more efficiently.

We truly appreciate your patience and understanding during this period while we've been short-handed. Your support means a lot to our team, and we're looking forward to having extra hands on deck soon.

2026 GROUP PROGRAMMES

CENTRAL

LEAGUE OF LEARNING (LOFL)

Weekly Saturday **Age 5 - 7**
1.30 - 3pm

A Cognitive and Behavioural Based School Readiness Programme aimed at helping children be better prepared mentally and behaviourally for formal school.

GROW YOUR MINDSET (GYM)

Alt Saturday 10 - 11am **Age 8 - 10**

Build social cognitive and social behavioural flexibility for a more resilient social self.

THE VERY SOCIAL CLUB (VSC)

Alt Saturday **Age 10 - 12**
9am - 10am

Explore Social Awareness and Relationship Skills in a safe and respectful environment.

GLOW GIRLS (GG)

Alt Saturday 9 - 10am **Age 13 - 15**

Come build the strength and capacity to live a life aligned with our values together with the resilience to deal with social change and unpredictability. Teen Girls.

EAST COAST

SOCIAL COMMUNICATORS (SC)

Alt Saturday **Age 9 - 11**
9 - 10am & 11am - 12pm

Learn concepts and skills that focus on perspective taking, emotional regulation, and joint attention through engaging activities.

OUR SOCIAL CLUB (OSC)

Alt Saturday 1 - 2pm **Age 10 - 13**

Support social and emotional development through building self- and social awareness in a small group setting.

RESILIENCE BUILDERS (RB)

Alt Saturday 2pm - 3pm **Age 10 - 13**

A social group for girls to build and develop resilience and manage anxiety in the face of tough times with a focus on self-advocacy.

BRILLIANT BOYS (BB)

Alt Saturday 10 - 11am **Age 13 - 16**

Explore topics on peer communication and peer relationships for teen boys guided by our counsellor.

D&D: AFTER SCHOOL ADVENTURES

Weekly Wednesday **Age 14 - 17**
4.30 - 6pm

Learn and practice social problem solving, teamwork and perspective taking skills through a table top role playing game.

SEASONAL PROGRAMMES



GAMES DAY (7-12 year olds)

19 March 2026

10am-12pm

Location: Both Siglap and The Centrepont

\$50 per session

Come have fun with your peers and play carefully selected cooperative games to build social skills.



DUNGEONS & DRAGONS (D&D) (10 and above)

18 and 20 March 2026

9:30-11:30am

Location: Siglap

\$50 per session

Learn and practice social problem solving, teamwork and perspective taking skills through a table top role playing game.



Counselling Neurodiverse Children and Teens

Come join Austin and Marina as they discuss what neuro-affirming counselling is and how the counselling process can help your child/ teen.

We will also discuss:

About how you can support your child undergoing counselling and how RECESS supports counselling in a neuro-affirming way. In this session, we will cover:

- How do I know if my child needs counselling?
- How can I support my child undergoing counselling?
- What can I do to help at home?



AUSTIN LEONG

Counsellor and Coach



MARINA JIAXIN

Counsellor and Coach

FREE to attend



REGISTER NOW



Online Session



**FRIDAY,
13 MARCH 2026**



7-8pm

Call/Message: 8858 4153

Email: admin@recesspsychsg.com

Website: www.recesspsychsg.com



RECESS

PSYCHOLOGY AND
COACHING CENTRE

Parents Support Group

Communication and Connection (2)

Join us as we discuss ideas of communicating through a problem between parents and their neurodiverse children, and consider approaches such as the “Engage, not enrage” concept.

FACILITATORS



Austin Leong
(Counsellor)

We hope to provide a safe space for parents to share their unique experiences and stories while providing mutual support and useful strategies for children with diverse needs.

Details:



10am - 11.30am



26 February 2026



The Centrepont
(176 Orchard Road
03-18/19)



**Registration is
Compulsory.**

THIS IS A FREE EVENT.

[Register Here](#)



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Email: admin@recesspsychsg.com
Website: www.recesspsychsg.com