



Registration Form

Please add me to the mailing list

I would like to be a volunteer, please contact me

Name: _____

NRIC No: _____ Phone: _____

Email: _____

Age: _____ Gender: _____

Signature

Mindfulness



What is Mindfulness

Mindfulness trains you to observe your thoughts, emotions, and internal and external sensations without judgment. This keeps your thoughts from drifting to the past or future and helps you focus on each moment as it happens. The process can lead to improvements in concentration and emotional well-being.

Mindfulness also activates the relaxation response (the opposite of the fight-or-flight response), which reduces stress and thereby lowers your levels of epinephrine (adrenaline) and cortisol, as well as lowering your blood pressure, heart rate, breathing rate, and oxygen consumption.

How it's being used

Mindfulness isn't a cure-all for illness; it's a complementary therapy. Does it work? "I've seen people combine mindfulness with an incremental but steady return to physical activity, and very often recover fully from chronic back pain," says Dr. Siegel. Mindfulness is also being used for bronchitis (to help relieve the distress of coughing), gastrointestinal distress, headaches, and sleep disturbances, among other conditions."



Dr Dan Siegel, Psychiatrist & Neuroscientist, UCLA and Mindsight Institute

Source: Harvard Health Publications Feb 2016

Mindfulness Programs

Brahm Centre offers mindfulness programs for adults and children. We have conducted mindfulness courses for more than 4,000 people since 2012.

The courses we offer include:

- Mindfulness Foundation Course
- Mindfulness Intermediate Course
- Mindfulness Advance Course
- Mindfulness to Enhance Performance Course
- Mindfulness-based Stress Reduction (MBSR)
- Mindfulness-based Cognitive Therapy (MBCT)
- Mindfulness for Students and Parents
- Mindfulness in Parenting Course
- Mindfulness in Grandparenting Course



Mindfulness Workshop for School Principals & Heads of Department

For more information, please check our website or facebook page.

Skillsfuture Credit and National Service Academy subsidies can be applied. We provide additional subsidies to anyone who require further assistance. Please do not hesitate to approach us.

Our corporate clients include:





Happier & Healthier Living

Brahm Centre is a registered secular charity with IPC status, and a member of the National Council of Social Services

Mission

To Promote Happier and Healthier Living

Leadership

Patron

Mr Choo Chiau Beng
Chairman of M1

Ambassador

Mr Tan Chade-Meng

Former Google Jolly Good Fellow, Author of Search Inside Yourself

Distinguished Advisors

Dr Dan Siegel
Prof Foo Keong Tatt
Dr Christopher Cheok

Board

The Board comprises of 15 medical and business professionals, chaired by **Ms Chen Yew Nah**, former Managing Director of DP Information Group.

Executive Director

Ms Angie Chew

Partners



Main Sponsors



Brahm Centre Ltd (UEN: 200200167M)
71 Irrawaddy Road, Ren Ci Hospital #03-09 Singapore 329562
Tel: 6258 0831 www.brahmcentre.com
Email: info@brahmcentre.com

Brahm Centre@Simei
Blk 227 Simei St 4 #01-50 Singapore 520227
(5 min walk from Simei MRT)

Health Education

Saturday Forums

Brahm Centre offers weekly information and educational health talks by healthcare professionals and qualified speakers. These talks are FREE and open to all. Please check our website www.brahmcentre.com and Brahm Centre facebook page for regular program updates.

Seminars

Health seminars are organised for large audiences at least 3 times a year.

Subscribe to our mailing list and receive updates by email. *Subscription is FREE, sign up on our website.*



Stay Healthy & Active!

Join our weekly Clubs & Activities

Art & Craft	Monday at 10am - 12pm
Mindfulness	Wednesday at 10.30am - 12pm
Music & Social	Thursday at 10am - 12pm
Mahjong	Friday at 11am - 1pm

Brahm Centre offers weekly Yin Yoga and Therapeutic Yoga sessions to help your body stay supple, improve your breathing and blood circulation. Course fees applies.

Please email to info@brahmcentre.com or call 6258 0831 to register.

Be a Volunteer at Brahm Centre



Caregiver and Patient Support Services

Our volunteers offer befriending services to support both caregivers and patients who are recovering from a stroke or patients with mental health conditions.

If you are a caregiver, please contact us directly. If you are a patient, please have your medical doctor contact us.

Counselling and Psychotherapy Services

These services are available at fees ranging from \$15 to \$100, depending on income level.

Regression therapy services are also available for people suffering from phobias or post-traumatic stress.

Legal Advisory Services

Pro-bono legal advisory services are available once a month, by appointment.

Dementia Scening Services

Dementia Screening for early detection and treatment is offered a few times a year.

Would you like to touch someone's life with your kindness and compassion?

Brahm Centre offers different volunteering opportunities depending on one's interest and level of participation.

Befriending Caregivers and Patients

Befriend and support caregivers, stroke patients or patients with mental health conditions.

This program is in collaboration with hospitals and healthcare agencies.

Befrienders will work in pairs, coached and guided by our care coordinators. Training will be provided.

This befriending program will involve 1 - 2 hours of commitment each week. A \$10 transport allowance for home visits will be provided to the volunteers.

Event Support

Supporting events by helping to set up the venue, welcoming and ushering attendees, distribution of flyers and goodie bags, collecting feedback forms, packing and unpacking, photography, videography, etc.