October 2025 **Edition**



Do you have an over-thinking mind?



Mindfulness can help you reduce worrying

Myskillsfuture

www.brahmcentre.com



info@brahmcentre.com

Join our mailing list

DUR CENTRES

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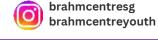
*SCAPE, 2 Orchard Link #04-06 S237978 S 8866 4811 (Behind Orchard Cineleisure)



Counselling Centre Hotline: 6655 0000 / 8823 0000



www.brahmcentre.com





active

ageing

Tampines

Watercolour Painting 23 Oct (Thu) 2pm

Colour Pencil Drawing 25 Oct (Sat) 10am Adventure in Craft Making

3 Nov (Mon) 1.30pm Pen Ink Doodling

5 Nov (Wed) 2pm · Pen Ink Drawing 5 Nov (Wed) 2.30pm Sher Ley



Mindfulness

正念基础课程 (CMFC)

9 Oct (Thu) 4pm-6pm Simei 227 by Lily Gan 14 Nov (Fri) 7pm-9pm Macpherson by Hsueh Ya Wen 15 Nov (Sat) 2pm-4pm Tampines by Felicia Lauw

Mindfulness Foundation Course

11 Oct (Sat) 2.30pm-4.30pm Tampines by May Chng 29 Oct (Wed) 7pm-9pm Newton by Angie Chew

Mindfulness in Caregiving **NEW**

This course is aimed at supporting individuals coping with fractured relationships.

7 Nov (Fri) 7pm-9pm Newton by May Chng Featuring: Clarinda Choh & Angie Chew

Mindfulness Based Stress Reduction Course

(8 lessons + 1-Day Retreat)

23 Oct (Thu) 7pm-9.30pm Newton by Angie Chew

3-day & 5-day Mindfulness Retreats: Healing Your Hearts

25-27 Oct, Bintan, by Angie Chew & May Chng 22-26 Nov, Bintan, by Angie Chew & May Chng

Finding Peace in a Frantic World Online

3 Nov (Mon) 7pm-9pm by May Chng. (6 online lessons)

Mindfulness Circle meet-ups for mindfulness graduates

11 & 25 Oct, 22 Nov & 13 Dec (Sat) 10am-12pm Newton

促进心理健康的正念练习

17 Oct (Fri) 7pm-8pm MacPherson



Muskillsfuture

Tan Ching Ching

Kim Fong

Pauline Goh

Newton

Batik Painting 18 Oct (Sat) 2pm

Nagomi Pastel Art 29 Oct (Wed) 10am

Acrylic on Textiles 10 Nov (Mon) 10am

Art Jam Watercolour 10 Nov (Mon) 2pm

Acrylic Painting 20 Nov (Thu) 10am

Janice Chin Steve Liu

MacPherson

 Chinese Calligraphy Louis Tan 11 Oct (Sat) 2pm

Simei

Watercolour Painting Janice Chin 23 Oct (Thu) 2pm

Mosaic Art 3 Nov (Mon) 2pm

Acrylic on Textiles 5 Nov (Wed) 2pm

Vanessa Mok

Pauline Goh

Bring your work permit

REGISTER NOW











Supported by:

Ministry of Manpower





Research shows mindfulness can prevent relapse into depression and reduce symptoms of anxiety, helping individuals cultivate resilience over time.



Featuring: Clarinda Choh & Angie Chew

Halloween Escape Room 25 Oct (Sat) 12pm-5pm Stencil Art on Tote Bag Workshop 29 Nov (Sat) 1pm-3pm Mosaic Art Workshop 29 Nov (Sat) 3.30pm-5.30pm Wire Art Workshop 6 Dec (Sat) 1pm-3pm

Youth Xperience: Christmas Crafts 6, 13 & 20 Dec (Sat) 3.30pm-5.30pm

Fun Programs

Young Adult Programs

- **Building Secure Connections: Understanding Your Attachment Style** 4 Oct (Sat) 3.30pm-5.30pm
 - Tooth Story: Straight, Wisdom & Gums 15 Nov (Sat) 10.30am-12.30pm



Internships

Develop essential work and life skills in a supportive environment. Build confidence, resilience, and self-awareness while making a community impact.

in brahmcentreyouth

To apply, write to info@brahmcentre.com

resilient for domestic workers from

Myanmar & Indian sub-continent UEN: 200200267M

Sundays

10am-11am

11am-12pm

Wound Management and Dressings by Tr.Phyu Basic Conversational English by Tr. May Thu

12-Oct

05-Oct

19-Oct

26-Oct

Basic Conversational Chinese

Basic Conversational English by Tr. PLN

Basic Conversational English Basic Conversational English

Sewing Workshop

1pm-2:30pm 2:30pm-3:30pm

Basic Conversational English by Tr. PLN

Cooking Workshop-Mooncake

Deepavali Celebration

- 1pm Break

12pm . Lunch

Dr Yang Jingrong Senior Consultant National Dental Centre









Venue: Blk 148 Simei St 1 # 01-121, S520148

Muskillsfutur

ZOOM Myskills future



Basic Conversational English by Tr.Phyu

Healthy Teeth Healthy Gums Talk by Dr Yang Jingrong

Basic Conversational Chinese

Burmese: 8427 5196

Indian/Sri Lankan: 9894 9505 Simei 148: 6612 6125

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Lee Nee **Xiang Ling**

Jayce Yong

Xiang Ling



