

Jun 2025  
Edition



Newton@L4  
47 Scotts Road #04-02A Goldbell Towers  
S228233 ☎ 66103870

Newton@L5  
47 Scotts Road #05-02 Goldbell Towers  
S228233 ☎ 69905349

Join our mailing list



Counselling Centre Hotline: 6655 0000 / 8823 0000

## Mindful Compassion Course

to heal the mind & body

**Starting 30 June 2025**  
3pm-5pm  
(8 sessions + 1 half-day retreat)

Dunman Secondary School  
21 Tampines St 45  
Singapore 529093

The Mindful Compassion course is designed to help individuals cultivate greater emotional resilience and kindness through the integration of mindfulness and compassion-based practices.

The course encourages participants to become more aware of their thoughts and feelings, respond to themselves and others with empathy, and reduce self-criticism.

Through guided mindfulness practices, reflective exercises, and discussions, a deeper understanding of how compassion can enhance well-being and improve relationships is developed.

## 3-Day Mindfulness Retreat

### Healing the Mind & Body of Carers

25-27 October 2025

Adj. A/Prof Angie Chew

Dr Christopher Willard

ART COURSES



Register for art courses

### Newton

Pen Ink Drawing (Beg)	13 Jun (Fri) 2.30pm	Xiang Ling
Watercolour Painting(Beg)	23 Jun (Mon) 10am	Sher Ley
Acrylic Painting (Beg)	3Jul (Thu) 10am	Steve Liu
Nagomi Pastel Art (Beg)	4 Jul (Fri) 10am	Ruyan
Graphite Painting (Int)	7 Jul (Mon) 2pm	Janice Chin
Pen Ink Drawing (Int)	9 Jul (Wed) 2pm	Andrew Tan



### MacPherson

Chinese Calligraphy	14 Jun (Sat) 10am	Manlin
Chinese Brush Painting (Beg)	14 Jun (Sat) 2.30pm	Manlin
Adventure In Craft Making	7 Jul (Mon) 2pm	Jayce



### Simei

Pen Ink Drawing (Beg)	3 Jul (Thu) 9.30am	Kuan
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Mindfulness



Register for mindfulness courses

#### Mindfulness Foundation Course

2 Jun (Mon), 7pm-9pm, Newton by May Chng  
12 Jun (Thu), 2pm-4pm, Tampines by May Chng  
10 Jul (Thu), 10am-12pm, Newton by May Chng

#### 正念基础课程 (CMFC)

18 Jun (Wed), 10am-12pm, Newton by Hsueh Ya Wen

#### Mindfulness Based Stress Reduction Course

24 Jun (Tue), 7pm-9.30pm, Newton by Angie Chew

#### Mindfulness Based Cognitive Therapy Course

26 Jun (Thu), 7pm-9.30pm, Newton by Angie & Thomas  
4 Jul (Fri), 7pm-9.30pm, Simei by May & Chew Ping

#### 正念认知疗法 (CMBCT)

16 Jul (Wed), 3.30pm-6pm, MacPherson by Lily & Ya Wen

#### Mindful Compassion Course

30 Jun (Mon), 3pm-5pm, Dunman Sec. Sch. by Angie Chew

#### Mindfulness Circle for Mindfulness Course Graduates



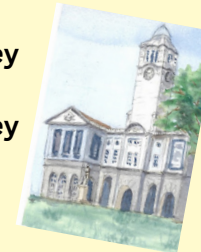
14 Jun (Sat), 10am-12pm, Newton  
21 Jun (Sat), 10am-12pm, Newton (正念圈—中文)  
21 Jun (Sat), 2pm-3:30pm, Tampines  
28 Jun (Sat), 10am-12pm, Newton

#### Mindfulness for Mental WellBeing (trial workshop)

28 Jun (Sat), 10am-11.30 am, Tampines

### Tampines

Adventure in Craft Making	10 Jun (Tue) 2pm	Jayce
Chinese Brush Painting	25 Jun (Wed) 10am	Sher Ley
Pen Ink X Doodling	25 Jun (Wed) 2pm	Sher Ley
Chinese Calligraphy	3 Jul (Thu) 2pm	Louis
The Art of Planting	5 Jul (Sat) 10am	Margaret
Mosaic Art	7 Jul (Mon) 1pm	Danica
Decoupage Art	21 Jul (Mon) 1pm	Danica



## Mindfulness for Students

Experiential workshops with practical tools & techniques

Calm anxious feelings  
Boost focus and attention  
Regulate emotions

Mon, 2 Jun 2025  
Secondary  
2pm - 3.30pm

Tue, 3 Jun 2025  
Lower Primary  
9.30am - 10.30am  
Upper Primary  
11am - 12pm

## Are you sometimes feeling out of place or overwhelmed at work?

In a world that glorifies hustle and constant achievement, we will explore the delicate dance between pursuing big dreams and maintaining personal well-being.

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## BALANCING LIFE, AMBITION AND WELLBEING WORKSHOP



by A/Prof Angie Chew  
CEO & Mindfulness Principal  
Brahm Centre

Friday, 20 June  
6.30pm - 8.30pm

grovve  
\*SCAPE, 2 Orchard Link  
#04-06, S237978



Building Resilient And Happy Minds

Inviting young adults and older teens.

Refreshments provided!

FREE



## ART EXHIBITION

AN UPLIFTING JOURNEY

Be inspired by the art journey of the seniors who have been attending our art courses. Some never imagined they had a talent for art!

Join the FREE workshops & demo classes



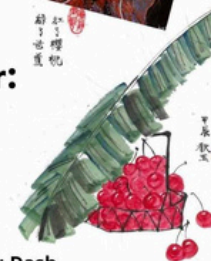
### Guests-of-Honour:



Mr Tan Kiat How  
Senior Minister of State  
Ministry of Health, and Digital  
Development & Information



Mr Dinesh Vasu Dash  
Minister of State  
Ministry of Culture, Community & Youth and Manpower



Co-Hosts:  
Mr Arthur Chua, CEO, Goldbell Holdings  
A/Prof Angie Chew, CEO, Brahm Centre



## Youth Club

### Mindfulness Workshops

Secondary Students, 2 Jun, 2pm-3.30pm  
Lower Pri Students, 3 Jun, 9.30am-10.30am  
Upper Pri Students, 3 Jun, 11am-12pm  
Lower Pri Students, 26 Jun, 9.30am-10.30am  
Upper Pri Students, 26 Jun, 11am-12pm

### Fun Programs

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- Youth Xperience: Guided Bouldering, 4, 11, 18 Jun, 2pm-3.30pm
- June Holiday Camp, 5 & 6 Jun, 10am-5pm
- Chess Clash, 10 Jun, 1pm-3pm
- Body Project Workshop for Secondary School Girls, 12 & 19 Jun, 3.30pm-5.30pm
- Debate Workshop, 13 Jun, 1pm-3pm
- Parent-Child Painting Workshop, 14 Jun, 1pm-4pm
- Kanzashi Hairclip Making, 17 Jun, 4pm-5.30pm
- Body Project Workshop for Young Ladies (17yo and above), 20 & 27 Jun, 4pm-6pm
- Escape Room: Cyber Race, 21 Jun, 1pm-5pm
- Deco Toploader Making, 24 Jun, 4pm-5.30pm
- Content Creation Workshop, 24 & 25 Jun, 1pm-3pm
- Origami Workshop, 5 Jul, 1pm-2.30pm

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Youth courses & activities registration will commence 1 month before the date of the event