

May 2025 Edition

Building Resilient And Happy Minds

HEALTHY MIND

HAPPY LIFE

Join our mailing list

MySKILLSfuture

Silver NATIONAL ACADEMY

www.brahmcentre.com

info@brahmcentre.com

ART COURSES

MySKILLSfuture

Register for art courses

Newton	
Chinese Brush Painting (Beg)	Sher Ley
20 May (Tue) 10am	
Watercolour (Beg)	Sher Ley
23 Jun (Mon) 10am	
Graphite Painting (Int)	Janice Chin
30 Jun (Mon) 2pm	
MacPherson	
Chinese Calligraphy	Manlin
14 Jun (Sat) 10am	
Chinese Brush Painting (Beg)	Manlin
21 Jun (Sat) 2.30pm	
Tampines	
Adventure In Craft Making	Jayce Yong
6 May (Tue) 10am	
Pen Ink Drawing	Xiang Ling
10 May (Tue) 10am	
Pastel Art (Int)	Zu Wee
19 May (Mon) 1.30pm	
Chinese Brush Painting	Sher Ley
25 Jun (Wed) 10am	
Pen Ink X Doodling	Sher Ley
25 Jun (Wed) 2pm	
Simei	
Decoupage Art	Angie Ong
7 May (Wed) 12pm	
Acrylic Painting (Beg)	Steve Liu
19 Jun (Thu) 2pm	

ART EXHIBITION

5th-7th June 2025 | 9am-6pm

Brahm Centre@Newton

Celebrate the creativity of seniors from Brahm Centre's art courses in this inspiring exhibition.

Showcasing the healing power of art as part of active ageing and lifelong learning.

欢迎一同欣赏百仁中心乐龄学员在艺术课程中的精彩创作!

这场展览展现了艺术的疗愈力量,同时也体现了活跃乐龄与终身学习的精神

SCAN TO REGISTER

SUPPORTED BY:

MAIN ORGANISER:

OUR CENTRES

Newton NS21 DT11

47 Scotts Road #04-02A Goldbell Towers

S228233 ☎ 66103870

Parenting & Youth Retreat Centre @ Newton

47 Scotts Road #05-02 Goldbell Towers

S228233 ☎ 69905349

MacPherson CC10 DT26

Blk 55 Pipit Road #01-01

S370055 ☎ 67411131

Simei EW3

Blk 227 Simei Street 4 #01-50

S520227 ☎ 67860800

Blk 148 Simei Street 1 # 01-121

S520148 ☎ 66126125

Tampines DT33

Blk 473 Tampines Street 43 #01-94

S520473 ☎ 69082122

*SCAPE NS23

2 Orchard Link #04-06, S 237978

(Behind Orchard Cineleisure)

FOLLOW US

Counselling Centre Hotline: 6655 0000 / 8823 0000

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www.brahmcentre.com

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Seminar+Workshop

Managing Pain through Palliative Care and Mindfulness

Saturday 31 May 2025

2PM-4PM

Brahm Centre @ Tampines

473 Tampines St 43, #01-94

S520473

FREE

Dr Neo Han Yee

Head and Senior Consultant, Department of Palliative Medicine Tan Tock Seng Hospital

Adj. A/Prof. Angie Chew

CEO & Mindfulness Principal, Brahm Centre.

REGISTER NOW

Mindfulness

MySKILLSfuture

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)

14 May (Wed), 3.30pm-5.30pm, MacPherson by Lily Gan

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

Mindfulness Circle for Mindfulness Graduands

10 May (Sat), 10am-12pm, Newton

17 May (Sat), 10am-12pm, Newton (正念圈—中文)

24 May (Sat), 10am-12pm, Newton

14 Jun (Sat), 10am-12pm, Newton

21 Jun (Sat), 10am-12pm, Newton (正念圈—中文)

28 Jun (Sat), 10am-12pm, Newton

Mindfulness for Mental WellBeing

7 May (Wed), 7pm-8.30pm, Newton

27 May (Tue), 2pm-3pm, MacPherson (中文)

29 May (Thu), 7pm-8.30pm, Simei

INTRODUCTORY WORKSHOPS

Youth Club

brahmcentreyouth

Register for youth programs

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 Stuff!

Mother's Day Scented Candle Workshop, 10 May, 1pm-3pm

Brain Busters Trivia Quiz, 10 May, 3.45pm-5.45pm

Youth Xperience: Digital Art Illustration, 17, 24, 31 May, 1pm-3pm

June Holiday Camp, 5 & 6 Jun, 10am-5pm

Youth Xperience: Guided Bouldering, 4, 11, 18 Jun, 2pm-3.30pm

Body Project Workshop for Secondary School Girls, 12, 19 June, 3.30pm to 5.30pm

Body Project Workshop for Young Ladies (17yo and above), 20, 27 June, 4pm to 6pm

Escape Room: Cyber Race, 21 Jun, 1pm-5pm

Content Creation Workshop, 24 & 25 Jun, 1pm-3pm

Origami Workshop, 5 Jul, 1pm-2.30pm

Coding Workshop, 12 Jul, 1pm-3pm

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

PROJECT ALLEVIATE

A COLLABORATION WITH

HWA CHONG INSTITUTE

FREE

MOTHERS' DAY EDITION

Scented Candles

The perfect Mothers' Day gift!

For Ages 10 - 18

10 May 2025 (Saturday) | 1pm - 3pm | grovve @ SCAPE

Brain Busters

Trivia Quiz Challenge

For Ages 10 - 18

10 May 2025 (Saturday) | 3.45pm - 5.45pm | grovve @ SCAPE

Youth Xperience

Digital Art illustration for 12 - 18 yrs old

3 Lessons!

17, 24 and 31 May

1 - 3pm (grovve @ SCAPE)

MINDFULNESS FOR STUDENTS

Mon, 2 Jun 2025

Secondary 2pm - 3.30pm

grovve@SCAPE

Tue, 3 Jun 2025 & Thu, 26 Jun 2025

Lower Primary 9.30am - 10.30am

Upper Primary 11am - 12pm

Newton@Lv5