

December/January **Edition**

Join us for a Happier & Healthier Life in



Myskillsfuture

Art Courses

13 Jan: Non-SkillsFuture booking only 1 Feb: Applying with SkillsFuture

Pen Ink Drawing x Penang Sights by Tia

Pen Ink Drawing by Andrew Tan

2 Apr (Wed) 2pm-4.40pm

3 Apr (Thu) 10am-12:30pm

Nagomi Pastel Art by Ruyan

4 Apr (Fri) 10am-12pm

Pen Ink Drawing by Kuan

5 Apr (Sat) 2pm-4.30pm

7 Apr (Mon) 2pm-4.30pm

Acrylic Painting by Hui Ting

12 Apr (Sat) 10am-12.40pm

Graphic Painting by Janice Chin



Acrylic Painting (Int) by Yan Hong

Acrylic Painting (Int) by Laura Soon

Coloured Pencil Drawing by Xiang Ling

Chinese Brush Painting by Sher Ley

2 Apr (Wed) 10am-12.40pm

2 Apr (Wed) 10am-12.30pm

Pencil Sketching by Paul Lee

Acrylic Painting by Yan Hong

7 Apr (Mon) 10am-12.40pm

8 Apr (Tue) 10am-12.30pm

Nagomi Pastel Art by Zu Wee

23 Apr (Wed) 2pm-4pm

3 Apr (Thu) 2pm-4.40pm

4 Apr (Fri) 2:30pm-5pm



Newton

Mindfulness

Mindfulness Foundation Course



Skillsfuture credits can be applied

4 Lessons)	
3 Jan (Wed), 10am-12pm, Newton	May Chng
Feb (Fri), 7pm-9pm, Newton	Hsueh Ya Wer
2 Mar (Sat) 2pm-4pm, Tampines	Christina Liev
7 Mar (Thu), 7pm-9pm, Newton	May Chng
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(8 Lessons + One-Day Retreat)	
7 Jan (Tue), 7pm-9.30pm, Newton	Angie Chew
25 Mar (Tue), 7pm-9.30pm, Newton	Angie Chew

(8 Lessons + One-Day Retreat)	
9 Jan (Thu), 7pm-9.30pm, Newton	Angie Chew
27 Mar (Thu), 7pm-9.30pm, Newton	Angie Chew

Mindfulness for Mental Wellbeing Workshop	FREE
90 minutes Workshop in English	
7 Feb (Fri), 1pm-2:30pm	Simei
28 Feb (Fri), 7pm-8:30pm	Newton
1 Mar (Sat), 2pm-3:30pm	Tampines

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22 Feb (Sat) 10am-11am	MacPherson
27 Feb (Thu) 10am-11am	Newton

Tampines

by Jayce Yong Apr (Tue) 10-12.40pm

Graphite Painting by Geri Koh 1 Apr (Tue) 2pm-4:30pm

Pen Ink Drawing by Sher Ley

Watercolour Painting by Lee Nee 2 Apr (Wed) 2pm-4:40pm

Nagomi Pastel Art by Ruyan 3 Apr (Thu) 2pm-4pm

> Pen Ink Drawing by Xiang Ling 5 Apr (Sat) 2pm-4.30pm

Nagomi Pastel Art (Int) by Zu Wee

Watercolour Painting (Beg) by Lee Nee 7 Apr (Mon) 2pm-4.40pm

15 Feb (Sat) 10am-3pm

Decoupage Art by Angie Ong 2 Apr (Wed) 12pm-4pm

Acrylic Painting by Steve Liu 4 Apr (Fri) 2pm-4:40pm

Mosaic Art by Angie Ong

Chinese Mindfulness Foundation Course 正念基础课程

(4 Lessons) 22 Mar (Sat), 10am-12pm, Newton Hsueh Ya Wen 26 Mar (Wed), 3:30pm-5:30pm, MacPherson Hsueh Ya Wen



Mindfulness Based Stress Reduction

Teacher Training June 2025 - May 2026

BANGOR

VENUE

Enter via Lobby A

Onsite Training Retreats*:

15 - 17 Feb 2025 (Sat-Mon) 9am - 5pm



Blk 473 Tampines Street 43 #01-94 S520473 **6**908212 immersive four blocks of in-person training plus two 2-day online workshops, supporting the developme both the theoretical and practical competencies essential for teaching MBSR effectively.

Counselling Centre Hotline: 6655 0000 / 8823 0000



Newton NS21 DT11

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S520148 **6**612615

Tampines DT33

Simei EW3

MacPherson CC10 DT26

Blk 227 Simei Street 4 #01-50

Blk 148 Simei Street 1 # 01-121

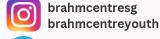
Blk 55 Pipit Road #01-01

47 Scotts Road #04-02A Goldbell Towers

Parenting & Youth Retreat Centre @ Newton 47 Scotts Road #05-02 Goldbell Towers







BrahmCentre

active

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ageing





t.me/brahmcentre

Youth Club



Mindfulness for Youths Workshops

Lower Pri Students, 18 & 22 Jan, 18 Feb & 22 Feb, 3:30-4:30pm Upper Pri Students, 18 & 22 Jan, 22 Feb, 3:30pm-4:30pm Sec Sch Students, 11 Jan & 8 Feb, 3:30pm-5pm

Mental & Physical Health

Body Project for Girls, 17 & 24 Jan, 19 & 26 Feb, 2:30pm - 5pm Body Project for Mums & Ladies, 15 & 21 Jan, 2:30pm - 5pm

Fun Stuff!

Kids Xperience (Kalimba), 5 & 12 Feb, 4pm-5pm Youth Xperience (Digital Art Illustration), 8, 15 & 22 Feb, 10am-12pm

Internships for Students



To apply, email your CV to info@brahmcentre.com

Parenting & Youth Retreat Centre @ Newton 47 Scotts Road #05-02 **Goldbell Towers S228233**

Scan to register for above programs



Scan to join & for a FREE Well-being Assessment

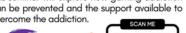


DIGITAL MENTAL **HEALTH SEMINAR**

Would you like to prevent addiction to e-devices?

Persistent gaming behaviour may lead to an addiction disorder which can lead to impairment in personal, family, social, educational, occupational, or other important areas of functioning.

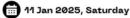
This seminar will explore how gaming addiction can be prevented and the support available to overcome the addiction.







National Addictions Management Service (NAMS) Institute of Mental Health (IMH)



3:00 pm to 5:00 pm

Parenting and Youth Retreat Centre @ Newton 47 Scotts Road #05-02, Goldbell Towers, S228233





Adventure in Craft Making

Pen Ink Drawing by Tia 1 Apr (Tue) 1:30pm-4pm

2 Apr (Wed) 10am-12.40pm

Chinese Brush Painting by Sher Ley 2 Apr (Wed) 2pm-4.30pm

7 Apr (Mon) 1:30-4:10pm

Garden to Fork 101 by Margaret

Simei

Adventure in Craft Making by Jayce Yong 1 Apr (Tue) 2:20pm-5pm

7 Apr (Mon) 12pm-4pm