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brahmcentre Building Resilient And Happy Minds

MySKILLSFuture

Silver NATIONAL ACADEMY Learning continues @ 50+

www.brahmcentre.com info@brahmcentre.com

3-Day Mindfulness Retreat

Healing the Mind & Body

25-27 October 2025
@ Four Points by Sheraton Bintan

Adj. A/Prof Angie Chew | Dr Christopher Willard

5-DAY SILENT MINDFULNESS RETREAT

Coming To Our Senses

To deepen our understanding of habitual reactions so we can better regulate our emotions and respond more supportively in stressful situations

22 - 26 Nov 2025 @ Four Points by Sheraton, Bintan

Pre-requisite: 8-week MBSR, MBCT or MCC course
This retreat fulfills mindfulness teacher training course requirements

RETREAT LEADER

A/Prof Angie Chew
CEO & Mindfulness Principal
Advisor to Monash Centre for Consciousness and Contemplative Studies

Christina Eiew
MBSR Course Teacher

ART COURSES

Newton

Coloured Pencil Drawing (Beg)	10 Jul (Thu) 10am	Paul Lee	SOLD OUT
Watercolour Painting (Beg)	10 Jul (Thu) 2pm	Paul Lee	
Nagomi Pastel Art (Beg)	15 Jul (Tue) 2pm	Zu Wee	SOLD OUT
Pen Ink Drawing (Int)	16 Jul (Wed) 2pm	Andrew Tan	
Nagomi Pastel Art (Int)	16 Sep (Tue) 2pm	Zu Wee	

MacPherson

Adventure In Craft Making	7 Jul (Mon) 2pm	Jayce	
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Simei

Pen Ink Drawing (Beg)	7 Jul (Mon) 2pm	Kuan	SOLD OUT
Decoupage Art	16 Jul (Wed) 12pm	Angie Ong	SOLD OUT
Mosaic Art	24 Jul (Thu) 12pm	Angie Ong	

Courses & Offerings are subject to changes.

Mindfulness

Mindfulness Foundation Course

10 Jul (Thu), 10am-12pm, Newton by May Chng
6 Aug (Wed), 7pm-9pm, Newton by May Chng
9 Sep (Tue), 7pm-9pm, Newton by May Chng
13 Sep (Sat), 10am-12pm, MacPherson by May Chng

正念基础课程 (CMFC)

4 Sep (Thu), 2pm-4pm, Tampines by Lily Gan

Mindfulness Based Cognitive Therapy Course

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 Course Graduates

12 Jul (Sat), 10am-12pm, Newton
19 Jul (Sat), 2pm-3.30pm, Tampines
19 Jul (Sat), 10am-12pm, Newton (正念圈—中文)
26 Jul (Sat), 10am-12pm, Newton
16 Aug (Sat), 2pm-3.30pm, Tampines
16 Aug (Sat), 10am-12pm, Newton (正念圈—中文)
23 Aug (Sat), 10am-12pm, Newton

Mindfulness for Mental WellBeing

2 Aug (Sat), 10am-11am, Tampines (中文)
16 Aug (Sat), 10am-11.30am, MacPherson

INTRODUCTORY WORKSHOPS

Tampines

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	SOLD OUT
Nagomi Pastel Art	5 Aug (Tue) 10am	Ruyan	
Watercolour Painting (Int)	6 Aug (Wed) 2pm	Lee Nee	
Garden to Fork	30 Aug (Sat) 10am	Margaret	

Courses & Offerings are subject to changes.

Join our Youth Club!

Empowering Youth, by Youth — enjoy free activities, exclusive events and discounts!

Make friends, gain skills, and boost your well-being. Step up as a leader — plan and lead programs for fellow youths, guided by caring mentors. Grow, connect and thrive in a community that supports you!"

Join the Club: Lead, Learn, Connect

PROGRAM FOR BURMESE & INDIAN DOMESTIC HELPERS

Happier Helpers Happier Families

Enrichment Classes & Mental Health Support

Enhancing their standard of care, language skills & wellbeing

FREE

Mental Health Support

- Counselling
- Stress Management

Enrichment Classes

- Chinese & English Language
- Health and Wellness
- Cooking
- Sewing
- Dementia Care Training
- Digital Awareness
- Anti-Scams

Fun Activities

- Celebrations
- Excursions

REGISTER

Burmese: 8427 5196
Tamil/Hindi: 9894 9505
Tel: 6612 6125
Info@brahmcentre.com

Oxford Mindfulness Centre's FINDING PEACE IN A FRANTIC WORLD ONLINE Course

Curated by Oxford's psychologist, Dr Mark Williams, this course offers practical tools to manage stress, reduce anxiety, and find calm amidst the chaos of daily life. It combines guided mindfulness practices, gentle movement, and simple cognitive techniques to build focus, resilience, and emotional balance. Suitable for all levels, no prior experience needed.

Saturday 2-4pm
Starting 23rd Aug 2025

6 Online Lessons via ZOOM

A/Prof Angie Chew
CEO & Mindfulness Principal
Advisor to Monash Centre for Consciousness and Contemplative Studies

May Chng
Mindfulness Trainer

OUR CENTRES

Newton@L4 NS21 DT11
47 Scotts Road #04-02A Goldbell Towers
S228233 ☎ 66103870

Newton@L5
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

grovve NS23
*SCAPE, 2 Orchard Link #04-06
S237978 ☎ 88664811
(Behind Orchard Cineleisure)

FOLLOW US

Counselling Centre Hotline: 6655 0000 / 8823 0000

brahmcentre
brahmcentreyouth

www.brahmcentre.com info@brahmcentre.com

Youth Club

@ brahmcentreyouth

Fun Programs

- Youth Xperience: Youthfit Circuit, 2 & 9 July, 6.30pm-7.30pm
- Catching Dreams, A Mental Wellness Activity for Secondary Students, 5 July, 9.30am-12.30pm
- Terrarium Workshop for Youth, 5 July, 2pm-4pm
- 'Level Up Your Style' Workshop, 12 July, 1pm-3pm
- Parent-Child Workshop on Kindness and Gratitude, 12 July, 3.30pm-5.30pm
- Journaling Workshop, 19 & 26 July, 1pm-3pm

COMING SOON

Youth Xperience: Digital Art Illustration, 16, 23 & 30 August, 1pm-3pm

Youth Xperience: Creative Writing Workshop, 8 & 9 September, 1pm-3pm

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

Internships for Students

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

Apply now to build skills and make a difference!