

August 2025 Edition



Building Resilient And Happy Minds

Peace is not the absence of conflict, but the ability to handle conflicts by peaceful means







Join our mailing list




www.brahmcentre.com

info@brahmcentre.com

Benefits of Mindfulness

- Reduces stress
- Improves focus and concentration
- Enhances emotional regulation
- Promotes better sleep
- Increases self-awareness
- Decreases anxiety and depression symptoms
- Boosts memory and cognitive flexibility



FINDING PEACE IN A FRANTIC WORLD

NEW

6-lesson Online Course

MySkillsFuture

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.

QR Code

3-DAY SILENT MINDFULNESS RETREAT

Healing The Heart & Mind

25-27 October 2025

Four Points by Sheraton Bintan

2nd RUN



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



May Chng
Mindfulness Trainer

RETREAT LEADERS

Mindfulness






Register for mindfulness courses

(4 Lessons)

Mindfulness Foundation Course

6 Aug (Wed), 7pm-9pm, Newton by May Chng
4 Sept (Thu), 7pm-9pm, Newton by Angie & May
20 Sep (Sat), 10am-12pm, MacPherson by May Chng
2 Oct (Thu), 10am-12pm, Newton by May Chng

正念基础课程 (CMFC)

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

(8 Lessons + One-Day Retreat)

Mindfulness Based Stress Reduction Course

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

Mindfulness Based Cognitive Therapy Course

2 Sep (Mon), 7pm-9.30pm, Newton by Angie & Thomas
10 Sep (Wed), 10am-12.30pm, Newton, by May & Chew Ping

正念认知疗法 (CMBCT)

20 Sep (Sat), 10am-12.30pm, Newton, by Lily & Ya Wen

Finding Peace In A Frantic World (6-lessons)

23 Aug (Sat), 2pm-4pm, Online by Angie Chew & May Chng

Mindfulness Retreats 3-days

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

Mindfulness Circle for Mindfulness Course Graduates

16 Aug (Sat), 2pm-4pm, Tampines
23 Aug (Sat), 10am-12pm, Newton
13 Sep (Sat), 10am-12pm, Newton
27 Sep (Sat), 10am-12pm, Newton



ART COURSES






Register for art courses

Newton

Nagomi Pastel Art (Int)
11 Aug (Mon) 10am
Adventure In Craft Making
18 Aug (Mon) 1.30pm
Chinese Brush Painting
1 Sep (Mon) 2pm
Mozaic Art
5 Sep (Fri) 2pm
Nagomi Pastel Art (Int)
16 Sep (Tue) 2pm

MacPherson

Pen Ink Drawing (Beg)
11 Aug (Mon) 2pm
Nagomi Pastel Art (Beg)
16 Aug (Sat) 2pm
Adventure In Craft Making
19 Sep (Fri) 1.30pm

Simei

Mosaic Art
21 Aug (Thu) 12pm

Tampines

Garden to Fork
30 Aug (Sat) 10am
Adventure In Craft Making
1 Sep (Mon) 10am
Acrylic Painting (Int)
1 Sep (Mon) 2pm
Pen-ink Drawing (Beg)
2 Sep (Tue) 2pm

Audrey

Jayce

Sher Ley

Vanessa Mok

Zu Wee

Adeline Ho

Vanessa Mok

Jayce

Angie Ong

Margaret

Jayce

Laura Soon

Tia

Courses & Offerings are subject to changes.

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 ☎ 8866 4811
(Behind Orchard Cineleisure)

FOLLOW US

Counselling Centre Hotline:
6655 0000 / 8823 0000

BrahmCentre

www.brahmcentre.com

info@brahmcentre.com



SUPPORTED BY MOH AND AIC



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Mindfulness Workshops

Primary School Students, 5 September
11am-12pm

Fun Programs

- Youth Xperience: Digital Art Illustration, 16, 23 & 30 August, 1pm-3pm
- Play Lah! Workshop, 16 August, 3.30pm-5.30pm
- Paint Lah! Workshop, 23 August, 3.30pm-5.30pm
- Draw It Together, Write It Forward, 8 & 9 September, 1pm-3pm
- Youth Xperience: Creative Sketchbook Wonders, 8 & 9 September, 3.30pm-5.30pm
- Youth Xperience: Guided Boulderling, 10, 11 & 12 September, 1pm-2.30pm
- Youth Xperience: Guitar Appreciation, 20 & 27 September, 1pm-3pm





brahmcentreyouth



FREE SAY IT WELL WORKSHOP

Speak with clarity & confidence

Join our interactive workshop on effective communication and learn to navigate difficult situations with clarity, confidence and respect

30 Aug 2025 (Saturday)
3.30pm-5.30pm
grovve, *SCAPE





CORPORATE WORKSHOP



Building Resilient And Happy Minds

ENHANCING EMOTIONAL INTELLIGENCE



Discover how emotional intelligence drives stronger teams, better communication, and more productive collaboration.

Empathy, self-awareness, and clear communication build win-win relationships that foster trust, respect, and high performance.

Email info@brahmcentre.com to book your workshops to enhance the staff wellbeing and work culture.



A/Prof Angie Chew (NUS)
CEO & Mindfulness Principal
Brahm Centre

PROGRAM 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



INTERNSHIP

For Students 15 & above




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

To apply, write to info@brahmcentre.com