



December/January  
2024/2025 Programs



Join us for a  
Happier & Healthier Life!

Merry  
Christmas  
and  
HAPPY NEW YEAR

MySKILLSFuture

NATIONAL  
Silver  
ACADEMY



# Mindfulness



Skillsfuture credits  
can be applied

## Mindfulness Workshop: Parenting Techniques



(3-hour session)  
11 Dec (Wed) 2pm-5pm, Newton ..... Angie Chew

## Mindfulness Foundation Course

(4 Lessons)  
8 Jan (Wed), 10am-12pm, Newton ..... May Chng  
7 Feb (Fri), 7pm-9pm, Newton ..... Hsueh Ya Wen  
27 Mar (Thu), 7pm-9pm, Newton ..... May Chng

## Mindfulness Based Stress Reduction Course

(8 Lessons + One-Day Retreat)  
7 Jan (Tue), 7pm-9.30pm, Newton ..... Angie Chew  
25 Mar (Tue), 7pm-9.30pm, Newton ..... Angie Chew

## Mindfulness Based Cognitive Therapy Course

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

## Chinese Mindfulness Foundation Course

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

## Mindfulness for Mental Wellbeing Workshop



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

一小时中文讲习班  
27 Dec (Fri) 10am-11am ..... Newton  
22 Feb (Sat) 10am-11am ..... MacPherson  
27 Feb (Thu) 10am-11am ..... Newton

Have you been doing your mindfulness practices regularly?  
Join us to boost your mindfulness practices & be uplifted!

**MINDFULNESS PRACTICE SESSIONS**  
for Brahm Centre MFC, MBCT, MBSR, MCC mindfulness students

Brahm Centre @ Newton  
Goldbell Towers, #05-02

Sat, 14 Dec 2024  
10am-12pm

Sat, 11 Jan 2025  
10am-12pm

## Mindfulness Based Stress Reduction Course Teachers Training

### June 2025 - May 2026

If you are interested, please email to [info@brahmcentre.com](mailto:info@brahmcentre.com) for more details & application form

# VISIT OUR CENTRES

Newton **NS21 DT11**  
47 Scotts Road #04-02A Goldbell Towers  
S228233 ☎ 6610 3870

Parenting & Youth Retreat Centre @ Newton  
47 Scotts Road #05-02 Goldbell Towers  
S228233 ☎ 6990 5349

MacPherson **CC10 DT26**  
Blk 55 Pipit Road #01-01  
S370055 ☎ 6741 1131

Simei 227 **EW3**  
Blk 227 Simei Street 4 #01-50  
S520227 ☎ 6786 0800

Simei 148  
Blk 148 Simei Street 1 # 01-121  
S520148 ☎ 6612 6125

Tampines **DT33**  
Blk 473 Tampines Street 43 #01-94  
S520473 ☎ 6908 2122

## FOLLOW US

Info@brahmcentre.com  
www.brahmcentre.com  
Counselling Centre Hotline: 6655 0000 / 8823 0000

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BrahmCentre



## 3-DAY RETREAT

15-17 Feb 2025 by Dr David Treleaven

# Trauma Sensitive Mindfulness

Trauma-sensitive mindfulness is designed to help individuals work skillfully with themselves and others, particularly in the context of trauma and its effects on the mind and body. This retreat will focus on expanding participants' window of tolerance through techniques aimed at nervous system regulation and embodiment practices. By exploring these skills, participants will increase their resilience and ability to navigate challenging emotional states, fostering a deeper sense of safety and connection within themselves and with others.

**VENUE**  
Centre for Healthcare Innovation, Level 2, Hall 1  
18 Jalan Tan Tock Seng  
Singapore 308443  
Enter via Lobby A

**DATE & TIME**  
15 - 17 Feb 2025 (Sat-Mon)  
9am - 5pm  
Lunch will be provided

**BOOK NOW**

## December Wellness Special

### YOGA & MINDFULNESS CLASS @ GOLDBELL TOWERS

5, 19, 26 Dec 2024 (Thur) 12pm-1pm  
12 Dec 2024 (Thur) 9am-10am

Brahm Centre  
47 Scotts Road #05-02,  
Goldbell Towers, Singapore 228233

To register, please email to [info@brahmcentre.com](mailto:info@brahmcentre.com)

Carmen Kee  
Certified Yoga Teacher

## Art Courses

Zentangle (Int.), Newton ..... 3 Jan (Fri) 10am-12:40pm  
by Wai Fong  
Nagomi Pastel Art, Tampines ..... 6 Jan (Mon) 2pm-4pm  
by Zu Wee  
Garden to Fork 101, Newton ..... 15 Feb (Sat) 10am-3pm  
by Margaret Huang  
For more art courses, click <http://brahmcentre.eventbrite.com>

## Body Project Workshops

For teenage girls

These workshops are aimed at reducing the harmful effects of media influence and to improve the relationship with one's appearance.

Through group-based interventions, it encourages participants to confront unhelpful body-related thoughts, improve self-acceptance, and develop healthier relationships with their bodies.

**Dates:** Dec 10 & 12 (2 sessions), **Time:** 2:30pm - 5pm

**Venue:** 47 Scotts Road #05-02, Goldbell Towers, S228233 (Newton MRT)

Conducted by facilitators trained by KK Hospital  
**Fee:** \$180 Waived in month of December

Enquiries: [info@brahmcentre.com](mailto:info@brahmcentre.com)

## Youth Club

Scan to join & for a FREE Well-being Assessment

## Growing Up Mindfully (Level 1) Workshops

(2 Lessons)  
Sec Sch Students, 9 & 11 Dec, 10am-11am  
Pri Sch Students, 9 & 11 Dec, 11.30am-12.30pm

## Seminars & Workshops

Body Project, 10 & 12 Dec, 2:30pm - 5pm  
Mindfulness-Based Parenting Techniques, 11 Dec, 2pm-5pm  
Understanding Youth Mental Health, 14 Dec, 2:30pm-4pm  
Exploring Your Parenting Style, 14 Dec, 4pm-6pm

## Fun Stuff!

Dungeons & Dragons, 16 Dec (Mon), 2 - 5pm  
Terrarium Making, 17 Dec (Tue), 2 - 4pm  
Scented Candle Making, 18 Dec (Wed), 2 - 4pm  
Christmas Escape Room, 21 Dec (Sat), 12 - 4pm  
Christmas Tree Craft, 23 Dec (Mon), 2 - 4pm

## Internships for Youths

To apply, email your CV to [info@brahmcentre.com](mailto:info@brahmcentre.com)

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

Scan to register for above programs

[brahmcentreyouth](https://www.instagram.com/brahmcentreyouth)

## Understanding Youth Mental Health Seminar

**FREE**

14 December 2024 (Sat)  
2:30pm - 4pm  
Brahm Centre @ Newton  
47 Scotts Road #04-02A,  
Goldbell Towers, S 228233

Dr Christopher Cheok  
Senior Consultant &  
Chief of Department of Forensic Psychiatry  
Institute of Mental Health

## Exploring Your Parenting Style Workshop

14 December 2024 (Sat)  
4pm - 6pm  
Parenting and Youth  
Retreat Centre @ Newton  
47 Scotts Road #05-02,  
Goldbell Towers, S 228233

Join us for an engaging workshop inspired by renowned child psychologist, Alison Gopnik's "Gardener and Carpenter" approach to parenting and discover how you can better support your child's unique personality!

**Nurture Your Child's Growth with Confidence**

**Workshop Leader**  
Pang Ly-Shan  
Clinical Psychologist

**Hear from Real Parents:**  
Sharifah Yokohama  
Educator  
Eddie Yee  
Banking Professional

Pang Ly-Shan, an Associate Clinical Psychologist at Brahm Centre, supports children, adolescents, and families through challenges like depression, anxiety, perfectionism and self-harm. Her warm, non-judgmental approach creates a safe space for clients to build resilience.