

December 2025 Edition

Building Resilient And Happy Minds

Are your mind and body balanced?

MySKILLSfuture

Join our mailing list

Information herein are accurate at time of print. Most updated will be in Eventbrite listing.

[www.brahmcentre.com](http://www.brahmcentre.com)
[info@brahmcentre.com](mailto:info@brahmcentre.com)

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

Simei EW3

Blk 227 Simei Street 4 #01-50 S520227 ☎ 67860800

Blk 148 Simei Street 1 # 01-121 S520148 ☎ 66126125

MacPherson CC10 DT26

Blk 55 Pipit Road #01-01 S370055 ☎ 67411131

Tampines DT33

Blk 473 Tampines Street 43 #01-94 S520473 ☎ 69082122

grove NS23

\*SCAPE, 2 Orchard Link #04-06 S237978 ☎ 8866 4811

Aljunied EW9

7 min walk from MRT

Blk 108 Aljunied Crescent #01-36, S380108

Labrador CC27/28

7 min walk from MRT

2 Telok Blangah St 31, Yeo's Bldg #02-00, S108942

Download individual centre calendars

SUPPORTED BY MOM AND AIC

FOLLOW US

BrahmCentre

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Counselling Centre Hotline: 6655 0000 / 8823 0000

[www.brahmcentre.com](http://www.brahmcentre.com)
[info@brahmcentre.com](mailto:info@brahmcentre.com)

Mindfulness

... can help balance your mind & body

2 Lessons

Stress to Rest Workshop

22 & 29 Jan (Thur) 3pm-4.30pm Aljunied by May Chng

4 Lessons

Mindfulness Foundation Course

9 Jan (Fri) 7pm-9pm Tampines by Ng Yeow Ling  
 10 Jan (Sat) 10am-12pm Simei by Felicia Lauw  
 19 Jan (Mon) 10am-12pm Newton by May Chng  
 22 Jan (Thu) 7pm-9pm Labrador by May Chng  
 27 Feb (Fri) 7pm-9pm Newton by Hwa Mee Thoo  
 4 Mar (Wed) 7pm-9pm Labrador by Hsueh Ya Wen  
 10 Mar (Tue) 10am-12pm Newton by Thomas Irawan

正念基础课程 (CMFC)

7 Jan (Wed) 3.30pm-5.30pm MacPherson by Hsueh Ya Wen  
 10 Jan (Sat) 2pm-4pm Newton by Amy Fang  
 4 Feb (Wed) 2pm-4pm Tampines by Hsueh Ya Wen  
 27 Feb (Fri) 7pm-9pm Simei by Hsueh Ya Wen

8 Lessons & 1 Day Retreat

Mindfulness Based Stress Reduction Course

20 Jan (Tue) 7pm-9.30pm Newton by Angie Chew & Ya Wen  
 5 Mar (Thur) 7pm-9.30pm Tampines by Christina Liew

Mindfulness Based Cognitive Therapy Course

8 Jan (Thu) 7pm-9.30pm Newton by Angie Chew & Carmen Kee  
 25 Feb (Wed) 10am-12.30pm Newton by Tan Chew Ping  
 26 Mar (Thur) 7pm-9.30pm Labrador by Dr Irene Tirtajana

正念认知疗法 (CMBCT)

22 Jan (Thu) 2pm-4.30pm Tampines by Lily & Ya Wen

Scan to Register

ART COURSES

Newton NS21 DT11

Colour Pencil Drawing Course (Beg) by Xiang Ling

2 Dec (Tue) 2.30pm-5.10pm

Watercolour Painting Course (Beg) by Kuan

5 Dec (Fri) 10am-12.40pm

MacPherson CC10 DT26

Chinese Calligraphy Course by Louis Tan

17 Jan (Sat) 2pm-4pm

Aljunied EW9

Art Jam X Watercolour by Janice Chin

12 Jan (Mon) 2pm-4pm

Art Jam X Fashion Pencil Sketching by Zara Fong

13 Jan (Tue) 2pm-4pm

Tampines DT33

Acrylic Painting Course (Int) by Laura Soon

5 Jan (Mon) 10am-12.40pm

Labrador CC27/28

Decoupage Art Course by Angie Ong

9 Jan (Fri) 12pm-4pm

Chinese Calligraphy Course (Beg) by Manlin

12 Jan (Mon) 10am-12.40pm

Watercolour Painting Course (Beg) by Kuan

14 Jan (Wed) 2pm-4.40pm

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5-day Mindfulness Retreat - Residential

14-18 Jan by Dr Ronald Siegel

Mindfulness Workshop for Parenting & Caregiving

Reducing stress in Parenting and Caregiving  
 18 Dec (Thu) 9.30am-12.30pm Newton by Hsueh Ya Wen

1-Day Mindfulness Workshop

Christmas Special - 50% off!  
 20 Dec (Sat) 9.30am-5.30pm Newton by May Chng

Mindfulness for WellBeing Taster Sessions

5 Dec (Fri) 7pm-8pm Tampines  
 13 Dec (Sat) 10am-11am Simei  
 8 Jan (Thur) 3pm-4pm Aljunied  
 8 Jan (Thur) 7pm-8pm Labrador  
 30 Jan (Fri) 7pm-8pm Newton  
 10 Feb (Tue) 10am-11am Newton  
 26 Feb (Thur) 7pm-8pm Labrador

促进心理健康的正念工作坊

3 Dec (Wed) 3.30pm-4.30pm MacPherson  
 6 Dec (Sat) 2pm-3pm Newton  
 7 Jan (Wed) 1.30pm-2.30pm Tampines  
 6 Feb (Fri) 3pm-4pm Aljunied  
 6 Feb (Fri) 7pm-8pm - Simei 227

Mindfulness Circle Practice Sessions

Restricted to support mindfulness graduates  
 13 Dec, 10 & 24 Jan, 14 Feb (Sat) 10am-12pm Newton

正念圈练习

只限完成正念课程学员参加  
 31 Jan, 28 Feb (Sat) 10am-12pm Newton

YOUTH PROGRAMS

Mindfulness Programs

Primary School Students, 17 Dec (Wed) 3pm-4pm  
 Secondary School Students 18 Dec (Thu) 3pm-4.30pm

Fun Programs

Level Up Your Listening & Communication Skills 3 & 10 Dec (Wed) 2pm-4pm  
 Body Project for Young Females 4 & 11 Dec (Thu) 3.30pm-5.30pm  
 Guided Bouldering 5, 12 & 19 Dec (Fri) 2pm-3.30pm  
 Floral Lantern Workshop 6 Dec (Sat) 1pm-3pm  
 Explosion Box Card, 13 Dec (Sat) 1pm-3pm  
 More Chess Less Stress, 16 & 17 Dec (Tue & Wed) 2pm-4pm  
 Scrapbooking Greeting Card 23 Dec (Tue) 2pm-4pm  
 Play Up Carnival 31 Jan 2pm - 5pm

Internships

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, email CV to info@brahmcentre.com

Mindfulness Retreat

for Psychological Growth & Psychotherapy

... offering a powerful, evidence-based pathway to fundamentally reshape our hearts and minds, grounded in modern neuroscience.

Going beyond stress-reduction techniques, this retreat will tap the profound therapeutic potential of mindfulness and compassion practices to transform how we engage with anxiety, negative emotions, interpersonal tensions, and grief to enhance well-being and create lasting change.

Prof. Ronald Siegel, a clinical psychologist, has taught at Harvard Medical School for over 40 years. He teaches the application of mindfulness practice in mind-body treatment and is an author of many books.

14-18 January 2026

3-days or 5-days at Sheraton Four Points Bintan

EARLY BIRD BOOKING available till 15 DEC

3-days Twin-sharing \$650 Single room \$880  
 5-days NO prerequisites Twin-sharing \$ 880 Single room \$1,130

Includes room, breakfast, lunch & tea break

SCAN HERE

OMEGA PROGRAMS

DEC 2025

for domestic workers from Myanmar, India & Indonesia

FREE!

148 Simei St 1 # 01-121, S520148 (Simei MRT)  
 55 Pipit Road #01-01, S370055 (MacPherson MRT)  
 2 Telok Blangah Street 31 #02-00, S108942 (Labrador MRT)

Sundays	10am	11am	12pm Lunch Break	1pm	2:30pm
07-Dec	Basic Conversational English by Tr. Swati	Basic Conversational English by Tr. PLN		Basic Conversational English Tr. May Thu	Basic Conversational English by Tr. PLN
14-Dec	Basic Conversational English by Tr. Swati	Basic Conversational English Tr. Khari		What are the Poisons In The Home ? Dr. Phua Dong Haur Senior Consultant Emergency Department Tan Tock Seng Hospital	
21-Dec	Mental Health 101: Caring for Your Mind by Tr. Phyu	Basic Conversational English by Tr. Phyu		Christmas Celebration FREE food & prizes	
28-Dec				Christmas Celebration FREE food & prizes	

REGISTER NOW

Bring your work permit for first time verification!

Burmese: 8427 5196

Others: 9894 9505

Simei 148: 6612 6125

Charity UEN: 200200167M