

September 2025
Edition



Happiness is in the
present moment, isn't it?



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mailing list



MySKILLSFuture



www.brahmcentre.com

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

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

grove **NS23**
*SCAPE, 2 Orchard Link #04-06
S237978 ☎ 8866 4811
(Behind Orchard Cineleisure)

FOLLOW US

Counselling Centre Hotline:
6655 0000 / 8823 0000

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ART COURSES

Newton

Chinese Brush Painting Sher Ley
1 Sep (Mon) 2pm
Nagomi Pastel Art (Beg) Ruyan
4 Sep (Thu) 10am
Pen Ink Drawing (Int) Tia
4 Sep (Thu) 2pm
Mozaic Art Vanessa Mok
10 Sep (Wed) 2pm
Pen Ink Drawing X Pattern Gina Lim
12 Sep (Fri) 10am
Nagomi Pastel Art (Int) Zu Wee
16 Sep (Tue) 2pm
Watercolour Painting Geri Koh
1 Oct (Wed) 2.30pm



Silver
ACADEMY
MySKILLSFuture



MacPherson

Adventure In Craft Making Jayce
23 Sep (Tue) 1.30pm
Colour Pencil Drawing (Beg) Xiang Ling
26 Sep (Fri) 2.30pm

Simei

Mosaic Art Angie Ong
8 Sep (Mon) 12pm

Tampines

Adventure In Craft Making Jayce
1 Sep (Mon) 10am
Acrylic Painting (Int) Laura Soon
1 Sep (Mon) 2pm
Pen-ink Drawing (Beg) Tia
2 Sep (Tue) 2pm

Mindfulness Workshops

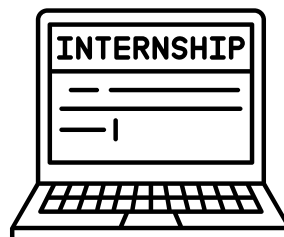
- Pri School Students, 5 Sep, 11am-12pm
- Managing Exam Stress for Pri 6-Sec 5
20 & 27 Sep, 3.30pm-5pm

Fun Programs

- Draw It Together to Write It Forward
8 & 9 Sep 1pm-3pm
- Youth Xperience: Creative Sketchbook Wonders
8 & 9 Sep 3.30pm-5.30pm
- Youth Xperience: Guided Bouldering
10, 11 & 12 Sep 1pm-2.30pm
- Youth Xperience: Guitar Appreciation
20 & 27 Sep 1pm-3pm
- Youth Xperience: More Chess, Less Stress
20, 27 Sep & 4 Oct 1pm-3pm
- Halloween Escape Room 25 Oct, 12pm-5pm

Young Adults

- Building Secure Connections: Understanding Your
Attachment Style, 4 Oct, 3.30pm-5.30pm



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



@brahmcentreyouth



Mindfulness



Mindfulness Foundation Course

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

正念基础课程 (CMFC)

4 Sep (Thu) 2pm-4pm Tampines by Lily Gan
9 Oct (Thu) 4pm-6pm Simei 227 by Lily Gan

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 Chew & May Chng
10 Sep (Wed) 10am-12.30pm Newton by May Chng & Chew Ping

正念认知疗法 (CMBCT)

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

Mindfulness Circle meet ups for mindfulness graduates

13 & 27 Sep, 11, 25 Oct (Sat) 10am-12pm Newton



促进心理健康的正念练习

19 Sep (Fri) 4pm-5pm Simei 227
17 Oct (Fri) 7pm-8pm MacPherson



ART EXHIBITION

ART & MINDFULNESS WORKSHOPS

Learn the art of living with less stress & more calm

COGNITIVE ASSESSMENT

Be inspired by the artworks of
Brahm Centre Tampines art course &
workshop attendees

Guest-of-Honour
Mr David Neo
Acting Minister for Culture,
Community and Youth

Venue: Brahm Centre @ Tampines
473 Tampines St 43 #01-94, S520473
(near Tampines East MRT)

Dates: 26 - 28 Sep 2025
Time: 10am - 7pm daily



UEN: 200200267M

OMEGA PROGRAMS

for domestic workers from
Myanmar & Indian sub-continent

Sundays	10am-11am	11am-12pm	1pm-2:30pm	2:30pm-3:30pm
07-Sep	Medication Care Tips by Tr. Phyu	Basic Conversational English by Tr. May Thu	Basic Conversational English by Tr. Phyu	Mindful Yoga by Tr. Neeti
14-Sep	Basic Conversational English by Tr. Khari	Basic Conversational English by Tr. PLN	Basic Conversational English by Tr. PLN	Basic Conversational Chinese
21-Sep	Personal Hygiene talk by Pamela		Cooking Workshop	
28-Sep	Outreach: Fort Canning Area	Sewing workshop	Joint and Muscular Pain Talk by Dr Koh Li Wearn	Basic Crochet by Tanvi

Bring your work permit for verification
REGISTER NOW

12PM - 1PM LUNCH BREAK

Dr Koh Li Wearn
Senior Consultant
Tan Tock Seng Hospital

Supported by: Ministry of Manpower