

October 2025 Edition



Building Resilient And Happy Minds

Do you have an over-thinking mind?



Mindfulness can help you reduce worrying

Join our mailing list






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)



SUPPORTED BY MOH AND AIC



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Counselling Centre Hotline: 6655 0000 / 8823 0000

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Mindfulness





正念基础课程 (CMFC)

9 Oct (Thu) 4pm-6pm Simei 227 by Lily Gan
14 Nov (Fri) 7pm-9pm Macpherson by Hsueh Ya Wen
15 Nov (Sat) 2pm-4pm Tampines by Felicia Lauw

Mindfulness Foundation Course

11 Oct (Sat) 2.30pm-4.30pm Tampines by May Chng
29 Oct (Wed) 7pm-9pm Newton by Angie Chew

Mindfulness in Caregiving **NEW**

This course is aimed at supporting individuals coping with fractured relationships.

7 Nov (Fri) 7pm-9pm Newton by May Chng
Featuring: Clarinda Choh & Angie Chew

Mindfulness Based Stress Reduction Course

(8 lessons + 1-Day Retreat)

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

3-day & 5-day Mindfulness Retreats: Healing Your Hearts

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

Finding Peace in a Frantic World **Online**

3 Nov (Mon) 7pm-9pm by May Chng. (6 online lessons)

Mindfulness Circle meet-ups for mindfulness graduates

11 & 25 Oct, 22 Nov & 13 Dec (Sat) 10am-12pm Newton

促进心理健康的正念练习

17 Oct (Fri) 7pm-8pm MacPherson

Scan to Register



ART COURSES




Newton

- Batik Painting Tan Ching Ching
- 18 Oct (Sat) 2pm
- Nagomi Pastel Art Kim Fong
- 29 Oct (Wed) 10am
- Acrylic on Textiles Pauline Goh
- 10 Nov (Mon) 10am
- Art Jam Watercolour Janice Chin
- 10 Nov (Mon) 2pm
- Acrylic Painting Steve Liu
- 20 Nov (Thu) 10am

MacPherson

- Chinese Calligraphy Louis Tan
- 11 Oct (Sat) 2pm

Simei

- Watercolour Painting Janice Chin
- 23 Oct (Thu) 2pm
- Mosaic Art Vanessa Mok
- 3 Nov (Mon) 2pm
- Acrylic on Textiles Pauline Goh
- 5 Nov (Wed) 2pm

Tampines

- Watercolour Painting Lee Nee
- 23 Oct (Thu) 2pm
- Colour Pencil Drawing Xiang Ling
- 25 Oct (Sat) 10am
- Adventure in Craft Making Jayce Yong
- 3 Nov (Mon) 1.30pm
- Pen Ink Doodling Sher Ley
- 5 Nov (Wed) 2pm
- Pen Ink Drawing Xiang Ling
- 5 Nov (Wed) 2.30pm

Scan to Register



Mindfulness Retreats

Healing the Heart & Mind





Angie Chew May Chng
3 Days: 25- 27 Oct 2025
5 Days: 22-26 Nov 2025

Dr Ronald Siegel
Psychologist
Harvard Medical School
14 - 18 Jan 2026

SPECIAL 50% OFF

SG 60

FINDING PEACE IN A FRANTIC WORLD

Monday 7-9pm | 6 lessons from 3 Nov 2025

Benefits

- Reduces Overwhelm and Mental Clutter
- Builds Inner Stability
- Improves Focus and Clarity
- Enhances Emotional Balance
- Promotes Self-Compassion
- Supports Long-Term Mental Well-being

Research shows mindfulness can prevent relapse into depression and reduce symptoms of anxiety, helping individuals cultivate resilience over time.

Course Teacher May Chng
Mindfulness Teacher

zoom MySkillsFuture

NEW!

MINDFULNESS IN CAREGIVING

HEALING FROM FRACTURED RELATIONSHIPS

7 Nov (Fri) 7pm-9pm Newton by May Chng
Featuring: Clarinda Choh & Angie Chew



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UEN: 200200267M

OMEGA PROGRAMS

for domestic workers from Myanmar & Indian sub-continent

Dr Yang Jingrong
Senior Consultant
National Dental Centre

FREE!

OCT 2025

	Sundays	10am-11am	11am-12pm	1pm-2:30pm	2:30pm-3:30pm
05-Oct		Wound Management and Dressings by Tr. Phyu	Basic Conversational English by Tr. May Thu	Basic Conversational English by Tr. Phyu	Healthy Teeth Healthy Gums Talk by Dr Yang Jingrong
12-Oct		Basic Conversational Chinese	Basic Conversational English by Tr. PLN	Basic Conversational English by Tr. PLN	Basic Conversational Chinese
19-Oct		Basic Conversational English by Tr. Khari	Basic Conversational English	Sewing Workshop	Cooking Workshop- Mooncake
26-Oct	Deepavali Celebration				

12pm - 1pm Lunch Break



Bring your work permit for verification

REGISTER NOW





HOTLINE

Burmese: 8427 5196
Indian/Sri Lankan: 9894 9505
Simei 148: 6612 6125

Venue: Blk 148 Simei St 1 # 01-121, S520148

Supported by:



YOUTH PROGRAMS



Fun Programs

- Halloween Escape Room
- 25 Oct (Sat) 12pm-5pm
- Stencil Art on Tote Bag Workshop
- 29 Nov (Sat) 1pm-3pm
- Mosaic Art Workshop
- 29 Nov (Sat) 3.30pm-5.30pm
- Wire Art Workshop
- 6 Dec (Sat) 1pm-3pm
- Youth Xperience: Christmas Crafts
- 6, 13 & 20 Dec (Sat) 3.30pm-5.30pm

Young Adult Programs

- Building Secure Connections: Understanding Your Attachment Style
- 4 Oct (Sat) 3.30pm-5.30pm
- Tooth Story : Straight, Wisdom & Gums
- 15 Nov (Sat) 10.30am-12.30pm

Internships

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

For Students 15 & Above

Scan to Know More



Scan to Register

