December 2025 Edition



Are your mind and body balanced?



Myskillsfuture

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

www.brahmcentre.com

info@brahmcentre.com

Join our mailing list

Building

. . can help balance your mind & body

Stress to Rest Workshop

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

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

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







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

Mindfulness Kereal 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



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 Sheration Four Points Bintan

EARLY BIRD BOOKING available till 15 DEC

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

Includes room, breakfast, lunch & tea break





2:30pm

Basic Conversationa English Tr.May Thu

English by Tr. PLN

Newton@L4 NS21 DT11 47 Scotts Road #04-02A Goldbell Towers S228233 **(a)** 66103870

47 Scotts Road #05-02 Goldbell Towers S228233 **()** 69905349

Blk 227 Simei Street 4 #01-50 S520227 **()** 67860800

Blk 148 Simei Street 1 # 01-121 S520148 **(366126125**

MacPherson CC10 DT26 Blk 55 Pipit Road #01-01 S370055 **6**7411131

Tampines DT33

Blk 473 Tampines Street 43 #01-94 S520473 **(A)** 69082122

grovve NS23 *SCAPE, 2 Orchard Link #04-06 S237978 \(\subseteq 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

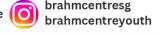






Counselling Centre Hotline:

6655 0000 / 8823 0000



ART COURSES





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



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

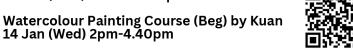
Acrylic Painting Course (Int) by Laura Soon 5 Jan (Mon) 10am-12.40pm



Decoupage Art Course by Angie Ong 9 Jan (Fri) 12pm-4pm

14 Jan (Wed) 2pm-4.40pm

Chinese Calligraphy Course (Beg) by Manlin 12 Jan (Mon) 10am-12.40pm



YOUTH PROGRA



Mindfulness Programs

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

Fun Programs

Guided Bouldering

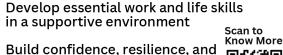
Level Up Your Listening & Communication Skills 3 & 10 Dec (Wed) 2pm-4pm **Body Project for Young Females** 4 & 11 Dec (Thu) 3.30pm-5.30pm

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





self-awareness while making a community impact





Scan to

Registei

OMEGA PROGRAMS for domestic workers from Myanmar, India & Indonesia

11am

148 Simei St 1 # 01-121, S520148 (Simei MRT) 55 Pipit Road #01-01, S370055 (MacPherson MRT)

elok Blangah Street 31 #02-00, S108942 (Labrador MRT)

Sundays 10am Lunch Basic Conversational **English by Tr. Swati** 07-Dec Basic Conversational English by Tr. PLN

What are the Poisons English by Tr. Swati 14-Dec

In The Home? Dr. Phua Dong Haur Senior Consultant **Basic Conversational** Emergency Departmer Tan Tock Seng Hospital English Tr.Khari

1pm

ental Health 101: Carin for Your Mind by Tr. Phy English by Tr. Phyu





21-Dec



Bring your work permit for first time verification!

Burmese: 8427 5196 Others: 9894 9505 Simei 148: 6612 6125 | Charity UEN: 200200167M

www.brahmcentre.com

info@brahmcentre.com

Download individual

centre calendars







Myskillsfuture Scan to Register

Silver

ACADEMY

To apply, email CV to info@brahmcentre.com

Ministry of Manpower