



Skillsfuture credits & NSA subsidies are applicable to mindfulness & art courses



Mindfulness



Skillsfuture credits can be applied

Mindfulness Foundation Course

(4 Lessons)
19 Aug (Mon), 7pm-9pm, Newton Linda Liew
28 Sep (Sat), 10am-12pm, Simei Hsueh Ya Wen
4 Oct (Fri), 7pm-9pm, Newton May Chng
26 Oct (Sat), 10am-12pm, MacPherson Hsueh Ya Wen

Mindfulness Based Stress Reduction Course

(8 Lessons + One-Day Retreat)
11 Sep (Wed), 7pm-9.30pm, Newton Christina Liew

Mindfulness Based Cognitive Therapy Course

(8 Lessons + One-Day Retreat)
16 Oct (Wed), 3.30pm-6pm, MacPherson Lily Gan
22 Oct (Tue), 7pm-9.30pm, Newton Angie Chew

Mindful Compassion Course

(8 Lessons + Half-Day Retreat)
24 Oct (Thu), 7pm-9pm, Newton Angie Chew

正念基础课程 Chinese Mindfulness Foundation Course

(4 Lessons)
18 Sep (Wed), 3.30pm-5.30pm, MacPherson Lily Gan

正念认知疗法(又名生活的正念) Chinese Mindfulness Based Cognitive Therapy

(8 Lessons + One-Day Retreat)
6 Sep (Fri), 7pm-9.30pm, Simei 227 Lily Gan

Building Resilience and Managing Pain

3-day Mindfulness Course

5-day Mindfulness Advance Course for aspiring mindfulness facilitators

3 day course: 9 - 11 Nov @ Village Hotel Changi
+ 2 days: 12 - 13 Nov @ Brahm Centre Tampines

Trainers:



Dr Christopher Willard
Clinical Psychologist
Harvard Medical School



Adj A/Prof Angie Chew
Mindfulness Principal
Brahm Centre

5-day course prerequisites
Completed a MBCT, MBSR or Mindful Compassion Course plus a 3 or 5-day mindfulness retreat.

Scan to register

3-day course



5-day course



VISIT OUR CENTRES

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

Youth 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
- brahmcentresg mindfulty.sg
- t.me/brahmcentre
- BrahmCentre

Art Courses

Newton

NEW Acrylic Painting (Beg.) 17 Aug (Sat) 2pm-4.40pm
by Hui Ting
Coloured Pencil Drawing 22 Aug (Thu) 10am-12.40pm
by Paul Lee
Watercoloured Painting (Beg.) 22 Aug (Thu) 2pm-4.40pm
by Paul Lee
NEW Pen Ink Drawing 3 Sep (Tue) 10am-12.30pm
by Andrew Tan
NEW Graphite Painting 9 Sep (Mon) 2pm-4.30pm
by Janice Chin
Pencil Sketching (Int.) 14 Sep (Sat) 10am-12.40pm
by Erwin Lian
Watercolour Painting (Int.) 16 Sep (Mon) 10am-12.40pm
by Sher Ley
Decoupage Art 20 Sep (Fri) 1pm-5pm
by Danica Yip
Pen Ink Drawing x Penang Sights 2 Oct (Wed) 2pm-4.30pm
by Tia
Pen Ink Drawing x Taiwan Scenes 5 Oct (Sat) 2pm-4.30pm
by Kuan
Nagomi Pastel Art 8 Oct (Tue) 2pm-4pm
by Zu Wee Ling
Pencil Sketching (Beg.) 10 Oct (Thu) 10am-12.40pm
by Paul Lee
Chinese Brush Painting 10 Oct (Thu) 2pm-4.40pm
by Paul Lee
Pencil Sketching (Beg.) 22 Oct (Tue) 10am-12.40pm
by Andrew Tan
Watercolour Painting (Beg.) 28 Oct (Mon) 2pm-4.30pm
by Janice Chin

Simei 148

Mosaic Art 2 Sep (Mon) 12pm-4pm
by Angie Ong
Adventure in Craft Making 10 Sep (Tue) 10am-12.30pm
by Jayce Yong
Decoupage Art 18 Sep (Wed) 12pm-4pm
by Angie Ong
Acrylic Painting (Int.) 3 Oct (Thu) 10am-12.30pm
by Laura Soon
Watercoloured Painting (Beg.) 4 Oct (Fri) 10am-12.40pm
by Sher Ley
Chinese Brush Painting (Int.) 4 Oct (Fri) 2pm-4.30pm
by Sher Ley
NEW Pen Ink Drawing 18 Oct (Fri) 10am-12.30pm
by Jeffrey Ang
Mosaic Art 21 Oct (Mon) 12pm-4pm
by Angie Ong

MacPherson

Adventure in Craft Making 16 Aug (Fri) 2pm-5pm
by Jayce Yong
NEW Chinese Calligraphy 31 Aug (Sat) 10am-12pm
by Manlin
Nagomi Pastel Art 9 Sep (Mon) 10am-12pm
by Ruyan
Mosaic Art 10 Sep (Tue) 1.30pm-5.30pm
by Danica Yip
Adventure in Craft Making 13 Sep (Fri) 2pm-5pm
by Jayce Yong
NEW Acrylic Painting (Int.) 16 Sep (Wed) 2pm-4.30pm
by Laura Soon
Coloured Pencil Drawing 19 Oct (Sat) 2pm-4.40pm
by Xiang Ling

Tampines

Zentangle (Int.) 14 Aug (Wed) 10am-12.40pm
by Wai Fong
Nagomi Pastel Art (Int.) 27 Aug (Tue) 10am-12pm
by Ruyan
Chinese Calligraphy 4 Sep (Wed) 2pm-4.40pm
by Louis Tan
Decoupage Art 5 Sep (Thu) 1pm-5pm
by Danica Yip
Adventure in Craft Making 10 Sep (Tue) 2.30pm-5.30pm
by Jayce Yong
Chinese Brush Painting 2 Oct (Wed) 10am-12.40pm
by Sher Ley
Pastel Art 7 Oct (Mon) 2pm-4pm
by Zu Wee Ling
Watercoloured Painting (Beg.) 7 Oct (Mon) 2pm-4.40pm
by Lee Lee Nee
Pen Ink Drawing x Penang Sights 10 Oct (Thu) 10am-12.40pm
by Tia
Mosaic Art 10 Oct (Thu) 1pm-5pm
by Danica Yip

20% discount on non-subsidised tickets available for selected art courses.

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Scan to register

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Academic Skills

Academic Coaching (Sat), 17 Aug - 5 Oct, 10am - 12.30pm . Simei
Exam Prep Skills, 4 Sep (Wed), 2 - 3.30pm Marymount CC
Exam Prep Skills, 5 Sep (Thu), 2 - 3.30pm Simei

Art, Craft, Music, Games

Scrapbook Journaling, 10 Aug (Sat), 1 - 3pm Simei
Guitar Appreciation, 24 Aug (Sat), 2 - 3pm Simei
Piano Appreciation, 24 Aug (Sat), 3 - 4pm Simei
Dungeons & Dragons, 31 Aug (Sat), 1 - 5pm Newton
Beaded Bracelets, 3 Sep (Tue), 1 - 3pm Simei
Chang'e Return: Escape Room, 6 Sep (Fri), 1.30 - 5.45pm...Simei
Guitar & Piano Appreciation, 7 Sep (Sat), 1 - 4.15pm Simei
Felt Keychain, 7 Sep (Sat), 2 - 4pm Newton

Fitness & Dance

Dance, 4 Sep (Wed), 4 - 5.30pm Simei
Inline Skating, 5 Sep (Thu), 4 - 5.30pm Simei

Family Festival

Family Fest, 14 Sep (Sat), 5 - 8pm Simei

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Scan to join (for FREE Well-being Assessment)