

Myskillsfuture





www.brahmcentre.com

info@brahmcentre.com

Seminar+Workshop

Managing Pain through Palliative Care and Mindfulness

REGISTER NOW

31 May 2025 2PM-4PM | S520473

Saturday | Brahm Centre @ Tampines 473 Tampines St 43, #01-94



Dr Neo Han Yee Head and Senior Consultant, Department of Palliative Medicine Tan Tock Seng Hospital





Healing the Mind & Body of Carers end October 2025 TRAINERS

30 Jun (Mon) 2pm

Newton

Chinese Brush Painting (Beg) 20 May (Tue) 10am Watercolour (Beg) 23 Jun (Mon) 10am **Graphite Painting (Int)**

Sher Ley

Sher Ley

Janice Chin

Register for

art courses

MacP herson

Chinese Calligraphy 14 Jun (Sat) 10am **Chinese Brush Painting (Beg)** 21 Jun (Sat) 2.30pm

Manlin

Manlin

Tampines

Adventure In Craft Making 6 May (Tue) 10am Pen Ink Drawing 10 May (Tue) 10am Pastel Art (Int) 19 May (Mon) 1.30pm **Chinese Brush Painting** 25 Jun (Wed) 10am Pen Ink X Doodling 25 Jun (Wed) 2pm

Jayce Yong

Xiang Ling SOLD OUT

Zu Wee

Sher Ley

Sher Ley

Angie Ong

Steve Liu

Simei

Decoupage Art 7 May (Wed) 12pm **Acrylic Painting (Beg)** 19 Jun (Thu) 2pm

Register for mindfulness

Mindfulness Silvery **Mindfulness Foundation Course**

2 Jun (Mon), 7pm-9pm, Newton by May Chng 12 Jun (Thu), 2pm-4pm, Tampines by May Chng 10 Jul (Thu), 10am-12pm, Newton by May Chng

正念基础课程 (CMFC)

14 May (Wed), 3.30pm-5.30pm, MacPherson by Lily Gan 18 Jun (Wed), 10am-12pm, Newton by Hsueh Ya Wen

Mindfulness Based Stress Reduction Course

24 Jun (Tue), 7pm-9.30pm, Newton by Angie Chew

Mindfulness Based Cognitive Therapy Course

26 Jun (Thu), 7pm-9.30pm, Newton by Angie & Thomas 4 Jul (Fri), 7pm-9.30pm, Simei by May & Chew Ping

正念认知疗法 (CMBCT)

16 Jul (Wed), 3.30pm-6pm, MacPherson by Lily & Ya Wen

Mindfulness Circle for Mindfulness Graduands



10 May (Sat), 10am-12pm, Newton 17 May (Sat), 10am-12pm, Newton (正念圈-中文) 24 May (Sat), 10am-12pm, Newton

14 Jun (Sat), 10am-12pm, Newton

21 Jun (Sat), 10am-12pm, Newton (正念圈-中文) 28 Jun (Sat), 10am-12pm, Newton

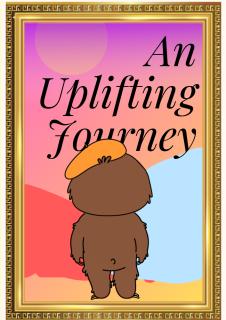
Mindfulness for Mental WellBeing

7 May (Wed), 7pm-8.30pm, Newton 27 May (Tue), 2pm-3pm, MacPherson (中文) 29 May (Thu), 7pm-8.30pm, Simei



ART EXHIBITION

5th-7th June 2025 | 9am-6pm **Brahm Centre@Newton**



Celebrate the creativity of seniors from Brahm Centre's art courses in this inspiring exhibition.

Showcasing the healing power of art as part of active ageing and lifelong learning.

欢迎一同欣赏百仁中心乐 龄学员在艺术课程中的精 彩创作!

这场展览展现了艺术的疗 愈力量,同时也体现了活 跃乐龄与终身学习的精神

SCAN TO REGISTER SUPPORTED BY:



MAIN ORGANISER:



Building Resilient and tappy √inds

Counselling Centre Hotline: 6655 0000 / 8823 0000

OUR CENTRES

47 Scotts Road #04-02A Goldbell Towers

47 Scotts Road #05-02 Goldbell Towers

Parenting & Youth Retreat Centre @ Newton

Newton NS21 DT11

S228233 **©** 66103870

S228233 **©** 69905349

MacPherson CC10 DT26

Blk 227 Simei Street 4 #01-50

Blk 148 Simei Street 1 # 01-121

Blk 473 Tampines Street 43 #01-94

2 Orchard Link #04-06, S 237978 (Behind Orchard Cineleisure)

Blk 55 Pipit Road #01-01

S370055 **©** 67411131

S520227 **©** 67860800

S520148 **©** 66126125

S520473 **6**9082122

Tampines DT33

*SCAPE NS23

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Simei EW3



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Mindfulness Workshops

Secondary Students, 2 Jun, 2pm-3.30pm Lower Pri Students, 3 Jun, 9.30am-10.30am Upper Pri Students, 3 Jun, 11am-12pm Lower Pri Students, 26 Jun, 9.30am-10.30am Upper Pri Students, 26 Jun, 11am-12pm



Register for

youth programs

Fun Stuff!

Mother's Day Scented Candle Workshop, 10 May, 1pm-3pm Brain Busters Trivia Quiz,

10 May, 3.45pm-5.45pm Youth Xperience: Digital Art Illustration,

17, 24, 31 May, 1pm-3pm

20, 27 June, 4pm to 6pm

June Holiday Camp, 5 & 6 Jun, 10am-5pm Youth Xperience: Guided Bouldering,

4, 11, 18 Jun, 2pm-3.30pm Body Project Workshop for Secondary School Girls, 12, 19 June, 3.30pm to 5.30pm Body Project Workshop for Young Ladies (17yo and above),

Escape Room: Cyber Race, 21 Jun, 1pm-5pm Content Creation Workshop, 24 & 25 Jun, 1pm-3pm Origami Workshop, 5 Jul, 1pm-2.30pm Coding Workshop, 12 Jul, 1pm-3pm

Youth courses & activities registration will commence 1 month before the date of the event

www.brahmcentre.com PROJECT ALLEVIATE A COLLABORATION WITH MOTHERS' DAY EDITION **Scented Candles** The perfect Mothers' Day gift!







