



Join us to build resilient and happy minds!



www.brahmcentre.com info@brahmcentre.com

Art Courses

Our courses are subsidised by National Silver Academy. Our courses are claimable against MySKILLSfuture.

- Newton**
 - Adventure in Craft Making by Cindy Chan, 5 Apr (Sat) 1.30pm
 - Acrylic Painting (Beg) x Abstract by Yan Hong, 7 Apr (Mon) 10am
 - Graphite Painting by Janice Chin, 7 Apr (Mon) 2pm
 - Acrylic Painting (Beg) by Hui Ting, 12 Apr (Sat) 10am
 - Watercolour Painting (Int) by Sher Ley, 21 Apr (Mon) 2pm
 - Mosaic Art by Pauline Goh, 23 Apr (Wed) 1pm
 - Pencil Sketching (Beg) by Jeffrey Ang, 10 May (Sat) 2pm
- MacPherson**
 - Adventure in Craft Making by Jayce Yong, 14 Apr (Mon) 2pm
 - Chinese Calligraphy by Manlin, 7 Jun (Sat) 10am
 - Chinese Brush Painting (Beg) by Manlin, 7 Jun (Sat) 2.30pm

Mindfulness



- Mindfulness Foundation Course (4 Lessons)**
 - 23 Apr (Wed), 10am-12pm, Newton May Chng
 - 2 Jun (Mon), 7pm-9pm, Newton May Chng
- Mindfulness Based Stress Reduction Course (8 Lessons + One-Day Retreat)**
 - 24 Jun (Tue), 7pm-9.30pm, Newton Angie Chew
- Mindfulness Based Cognitive Therapy Course (8 Lessons + One-Day Retreat)**
 - 26 Jun (Thu), 7pm-9.30pm, Newton Angie & Co-Trainer
- Chinese Mindfulness Foundation Course 正念基础课程 (4 Lessons)**
 - 14 May (Wed), 3.30pm-5.30pm, MacPherson Lily Gan
 - 18 Jun (Wed), 10am-12pm, Newton Hsueh Ya Wen
- Mindfulness Circle for Mindfulness Graduands**
 - 26 Apr (Sat), 10am-12pm, Newton Carmen & Hon Wai
 - 10 May (Sat), 10am-12pm, Newton May & Janet
- Mindfulness for Mental Well-Being FREE**
 - 7 May (Wed), 7pm-8:30pm, Newton (English)..... May Chng
 - 27 May (Tue), 2pm-3pm, MacPherson (Chinese)..... Lily Gan
- 3-Day Silent Retreat**
 - 27 - 29 Jun, Bintan Angie Chew
 - 27 - 29 Oct. **COMING SOON** Angie Chew

- Tampines**
 - Chinese Brush Painting (Beg) by Sher Ley, 2 Apr (Wed) 2pm
 - Nagomi Pastel Art by Ruyan, 3 Apr (Thu) 2pm
 - Acrylic Painting (Int) by Laura Soon, 7 Apr (Mon) 10am
 - Decoupage Art by Danica Yip, 7 Apr (Mon) 1pm
 - Adventure In Craft Making by Jayce Yong, 6 May (Tue) 10am
 - Pastel Art (Int) by Zu Wee, 19 May (Mon) 1.30pm
- Simei**
 - Mosaic Art by Angie Ong, 5 May (Mon) 12pm
 - Decoupage Art by Angie Ong, 7 May (Wed) 12pm
 - Acrylic Painting (Beg) by Steve Liu, 19 Jun (Thu) 2pm

Keep an eye out for what's new and what's next.

- Art Jam
- Watercolour (Adv)
- Ceramics
- Pen Ink (Int)
- Pastel Art (Adv)

Join us to boost your mindfulness practices & be uplifted!

EXCLUSIVELY for Brahm Centre MFC, MBCT, MBSR, MCC course graduates

MINDFULNESS PRACTICE SESSIONS

26 Apr (Sat), 10am-12:30pm Newton

Mindfulness Based Stress Reduction Teacher Training

Starting June 2025

Onsite Training Retreats*:

- 7 - 15 June 25: Foundational Teacher Training & Inquiry Skills Workshop
- 6 - 14 Sept 25: Embedding in The MBSR Curriculum & Pedagogy
- 22 - 26 Nov 25: Intensive Silent Retreat
- 14 - 21 March 26: Advanced Teacher Training

Two Online Workshops: (dates to be confirmed)

- January 2026: Group Process Workshop
- May 2026: Professional Issues and Ethics

Course pre-requisites:

- Participated in an 8-week MBSR course within the last 5 years
- Has a regular mindfulness practice routine

For an application form, please email to info@brahmcentre.com. Limited places left.

Silent Retreat

Healing the Mind & Body

27-29 June 2025 @ Four Points Bintan

RETREAT LEADER

Adj. A/Prof Angie Chew

27 - 29 Oct 2025

Venue to be confirmed

Youth Club

@brahmcentreyouth

Mindfulness Workshops COMING SOON

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

Fun Stuff!

- Youth Xperience: Dungeons & Dragon, 5,12,19 and 26 Apr, 1pm-5pm
- E-Games Lounge, 19 Apr, 2pm-4pm
- Youth Xperience: Digital Art Illustration, 17, 24, 31 May, 2pm-4pm

COMING SOON

- Trivia Quiz Challenge, 3 May, 2pm-4pm
- Mother's Day Scented Candle Workshop, 10 May, 2pm-4pm
- June Holiday Camp, 5 & 6 Jun, 10am-5pm
- Escape Room: Cyber Race, 21 Jun, 1pm-5pm
- Content Creation Workshop, 24 & 25 Jun, 2pm-4pm

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

Internships for Students

Develop your work and life skills to enhance confidence and resilience.

To apply, email your CV to info@brahmcentre.com

OUR CENTRES

- Newton NS21 DT11**
47 Scotts Road #04-02A Goldbell Towers S228233 ☎ 66103870
Parenting & Youth Retreat Centre @ Newton
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
- *SCAPE NS23**
2 Orchard Link #04-06, S 237978 (Behind Orchard Cineleisure)

FOLLOW US

- Counselling Centre Hotline: 6655 0000 / 8823 0000
- BrahmCentre

www.brahmcentre.com info@brahmcentre.com

Scan to register for youth programs

Youth Xperience: Workshop

STANDING UP FOR YOURSELF AGAINST BULLYING

by A/Prof Angie Chew

Saturday, 12 April, 2-5pm

*SCAPE grove (Orchard)

Join us to learn **techniques** in building mental and physical resilience

FREE e-Games Lounge

For Ages 10 - 18

19 Apr 2025 (Saturday)

Grove @ Scape (#04-06) 2pm - 4pm

Nintendo Switch, Wii, Pandora Console, Mario Kart, Super Smash Bros, and many more!

Refreshments Provided!

Youth Xperience

Dungeons & Dragons

for 12 - 18 yrs old

4-session Campaign

on 5, 12, 19 & 26 Apr.

Grove @ Scape (#04-06), 1pm-5pm