



December/January
2025
Edition

Join us for a
Happier & Healthier Life in



MySKILLSFuture



Art Courses

Registration opening
13 Jan: Non-SkillsFuture booking only
1 Feb: Applying with SkillsFuture

Newton

Acrylic Painting (Int) by Yan Hong
2 Apr (Wed) 10am-12.40pm

Pen Ink Drawing by Andrew Tan
2 Apr (Wed) 2pm-4.40pm

Acrylic Painting (Int) by Laura Soon
2 Apr (Wed) 10am-12.30pm

Pen Ink Drawing x Penang Sights by Tia
3 Apr (Thu) 10am-12:30pm

Pencil Sketching by Paul Lee
3 Apr (Thu) 2pm-4.40pm

Nagomi Pastel Art by Ruyan
4 Apr (Fri) 10am-12pm

Coloured Pencil Drawing by Xiang Ling
4 Apr (Fri) 2:30pm-5pm

Pen Ink Drawing by Kuan
5 Apr (Sat) 2pm-4.30pm

Acrylic Painting by Yan Hong
7 Apr (Mon) 10am-12.40pm

Graphic Painting by Janice Chin
7 Apr (Mon) 2pm-4.30pm

Chinese Brush Painting by Sher Ley
8 Apr (Tue) 10am-12.30pm

Acrylic Painting by Hui Ting
12 Apr (Sat) 10am-12.40pm

Nagomi Pastel Art by Zu Wee
23 Apr (Wed) 2pm-4pm

Mindfulness



SkillsFuture credits can be applied

Mindfulness Foundation Course

(4 Lessons)

8 Jan (Wed), 10am-12pm, Newton May Chng
7 Feb (Fri), 7pm-9pm, Newton Hsueh Ya Wen
22 Mar (Sat) 2pm-4pm, Tampines Christina Liew
27 Mar (Thu), 7pm-9pm, Newton May Chng

Mindfulness Based Stress Reduction Course

(8 Lessons + One-Day Retreat)

7 Jan (Tue), 7pm-9.30pm, Newton Angie Chew
25 Mar (Tue), 7pm-9.30pm, Newton Angie Chew

Mindfulness Based Cognitive Therapy Course

(8 Lessons + One-Day Retreat)

9 Jan (Thu), 7pm-9.30pm, Newton Angie Chew
27 Mar (Thu), 7pm-9.30pm, Newton Angie Chew

Mindfulness for Mental Wellbeing Workshop

FREE!

90 minutes Workshop in English

7 Feb (Fri), 1pm-2:30pm Simei
28 Feb (Fri), 7pm-8:30pm Newton
1 Mar (Sat), 2pm-3:30pm Tampines

一小时中文讲座

22 Feb (Sat) 10am-11am MacPherson
27 Feb (Thu) 10am-11am Newton

Tampines

Adventure in Craft Making by Jayce Yong Apr (Tue) 10-12.40pm
Pen Ink Drawing by Tia
1 Apr (Tue) 1:30pm-4pm

Graphite Painting by Geri Koh
1 Apr (Tue) 2pm-4:30pm
Pen Ink Drawing by Sher Ley
2 Apr (Wed) 10am-12.40pm

Watercolour Painting by Lee Nee
2 Apr (Wed) 2pm-4:40pm
Chinese Brush Painting by Sher Ley
2 Apr (Wed) 2pm-4.30pm

Nagomi Pastel Art by Ruyan
3 Apr (Thu) 2pm-4pm
Pen Ink Drawing by Xiang Ling
5 Apr (Sat) 2pm-4.30pm

Nagomi Pastel Art (Int) by Zu Wee
7 Apr (Mon) 1:30-4:10pm
Watercolour Painting (Beg) by Lee Nee
7 Apr (Mon) 2pm-4.40pm

Garden to Fork 101 by Margaret
15 Feb (Sat) 10am-3pm

Simei

Adventure in Craft Making by Jayce Yong
1 Apr (Tue) 2:20pm-5pm
Decoupage Art by Angie Ong
2 Apr (Wed) 12pm-4pm

Mosaic Art by Angie Ong
7 Apr (Mon) 12pm-4pm
Acrylic Painting by Steve Liu
4 Apr (Fri) 2pm-4:40pm

Chinese Mindfulness Foundation Course 正念基础课程

(4 Lessons)

22 Mar (Sat), 10am-12pm, Newton Hsueh Ya Wen
26 Mar (Wed), 3:30pm-5:30pm, MacPherson Hsueh Ya Wen

Trauma Sensitive Mindfulness
3-DAY RETREAT 15-17 Feb 2025 by Dr David Treleaven

Trauma-sensitive mindfulness is designed to help individuals work skillfully with themselves and others, particularly in the context of trauma and its effects on the mind and body. This retreat will focus on expanding participants' window of tolerance through techniques aimed at nervous system regulation and embodiment practices. By exploring these skills, participants will increase their resilience and ability to navigate challenging emotional states, fostering a deeper sense of safety and connection within themselves and with others.

VENUE
Centre for Healthcare Innovation, Level 2, Hall 1
18 Jalan Tan Tock Seng
Singapore 308443
Enter via Lobby A

DATE & TIME
15 - 17 Feb 2025 (Sat-Mon)
9am - 5pm
Lunch will be provided

BOOK NOW

Mindfulness Based Stress Reduction Teacher Training
June 2025 - May 2026

An immersive four blocks of in-person training plus two 2-day online workshops, supporting the development of both the theoretical and practical competencies essential for teaching MBSR effectively.

Onsite Training Retreats*:
7 - 15 June 25: Foundational Teacher Training & Inquiry Skills Workshop
15 - 21 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

The course includes 8 sessions of supervision and assessment of teaching competency.

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

Teachers that meet the competency requirements will be listed on the Bangor University, Wales, UK website as Competency Certified Teachers and will be eligible to register as a listed teacher with the British Association of Mindfulness-based Approaches.

For an application form, please email to info@brahmcentre.com. Limited places. Applications will be reviewed and approved in batches every 2 weeks starting first week of January 2025.

Youth Club

[brahmcentreyouth](https://www.instagram.com/brahmcentreyouth)

Mindfulness for Youths Workshops

Lower Pri Students, 18 & 22 Jan, 18 Feb & 22 Feb, 3:30-4:30pm
Upper Pri Students, 18 & 22 Jan, 22 Feb, 3:30pm-4:30pm
Sec Sch Students, 11 Jan & 8 Feb, 3:30pm-5pm

Mental & Physical Health

Body Project for Girls, 17 & 24 Jan, 19 & 26 Feb, 2:30pm - 5pm
Body Project for Mums & Ladies, 15 & 21 Jan, 2:30pm - 5pm

Fun Stuff!

Kids Xperience (Kalimba), 5 & 12 Feb, 4pm-5pm
Youth Xperience (Digital Art Illustration), 8, 15 & 22 Feb, 10am-12pm

Internships for Students

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

Parenting & Youth Retreat Centre @ Newton
47 Scotts Road #05-02
Goldbell Towers S228233

Scan to register for above programs



Scan to join & for a FREE Well-being Assessment



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 ☎ 6990539

MacPherson **CC10 DT26**
Blk 55 Pipit Road #01-01
S370055 ☎ 6741111



Simei **EW3**
Blk 227 Simei Street 4 #01-50
S520227 ☎ 67860800



Blk 148 Simei Street 1 # 01-121
S520148 ☎ 6612615

Tampines **DT33**
Blk 473 Tampines Street 43 #01-94
S520473 ☎ 6908212

Counselling Centre Hotline: 6655 0000 / 8823 0000

FOLLOW US

Info@brahmcentre.com

www.brahmcentre.com

BrahmCentre

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t.me/brahmcentre

Youth Club

Jan & Feb 2025
Youth Learning Lounge
For students Pri 6 & above

Elevate your study sessions in our peaceful Learning Lounge - unwind, focus, and connect!

FREE

Monday:
Jan: 13th, 20th
Feb: 3rd, 17th, 24th
3.30PM - 5.30PM

Parenting and Youth Retreat Space @ Newton
47 Scotts Road #05-02
Goldbell Towers

For queries please contact
8866 4811 youthcare@brahmcentre.com

DIGITAL MENTAL HEALTH SEMINAR

Would you like to prevent addiction to e-devices?

Persistent gaming behaviour may lead to an addiction disorder which can lead to impairment in personal, family, social, educational, occupational, or other important areas of functioning.

This seminar will explore how gaming addiction can be prevented and the support available to overcome the addiction.



FREE



Dr Melvyn Zhang

Consultant
National Addictions Management Service (NAMS)
Institute of Mental Health (IMH)

11 Jan 2025, Saturday

3:00 pm to 5:00 pm

Parenting and Youth Retreat Centre @ Newton
47 Scotts Road #05-02,
Goldbell Towers, S228233