# **November 2025 Edition**



Do you have difficulties sleeping?



Mindfulness is a drug-free way to improve on sleep

mailing list



Myskillsfuture



www.brahmcentre.com

info@brahmcentre.com

Download individual

centre calendars

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

Information herein are accurate at time of print.

Most updated will be in Eventbrite listing.

Newton@L5 47 Scotts Road #05-02 Goldbell Towers

S228233 **( )** 69905349





Blk 148 Simei Street 1 # 01-121 S520148 **©** 66126125

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



Tampines DT33

es Street 43 #01-94 S520473 **(A)** 69082122

grovve NS23 \*SCAPE, 2 Orchard Link #04-06 S237978 \( \subseteq 8866 4811 \)

Aljunied **EW9** 

Blk 108 Aljunied Crescent #01-36, S380108



2 Telok Blangah St 31 #02-00, S108942







Counselling Centre Hotline: 6655 0000 / 8823 0000





# **Mindfulness Foundation Course**

1 Dec (Mon) 7pm-9pm Newton by Carmen Kee 9 Jan (Fri) 7pm-9pm Tampines by Ng Yeow Ling 10 Jan (Sat) 10am-12pm Simei by Felicia Lauw 22 Jan (Thu) 7pm - 9pm Labrador by May Chng 19 Jan (Mon) 10am-12pm Newton by May Chng

### 正念基础课程 (CMFC)

14 Nov (Fri) 7pm-9pm Macpherson by Hsueh Ya Wen 15 Nov (Sat) 2pm-4pm Tampines by Felicia Lauw 7 Jan (Wed) 3.30pm-5.30pm Macpherson by Hsueh Ya Wen 10 Jan (Sat) 2pm-4pm Newton by Amy Fang

Muskillsfutur

## **Mindfulness Based Stress Reduction Course**

20 Jan (Tue) 7pm-9.30pm Newton by Angie Chew & Hsueh Ya Wen

# Mindfulness Based Cognitive Therapy Course

9 Dec (Tue) 7pm-9.30pm Newton by May Chng 8 Jan (Thu) 7pm-9.30pm Newton by Angie Chew & Carmen Kee

## 正念认知疗法 (CMBCT)

22 Jan (Thu) 2pm-4.30pm Tampines by Lily & Ya Wen

## 5-day Mindfulness Retreats - Residential

22-26 Nov, Bintan, by A/Prof. Angie Chew 14-18 Jan, Bintan, by Dr Ronald Siegel

## 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



# ART COURSES



## Newton

• Art Jam Watercolour 10 Nov (Mon) 2pm

 Art Jam X Stencil Making for Nagomi Pastel Art 11 Nov (Tue) 2pm

 Pen Ink Drawing 7 Jan (Wed) 2pm **Janice Chin** 

Zu Wee

Tia

# Simei

Mosaic Art 3 Nov (Mon) 2pm

 Acrylic on Textiles 5 Nov (Wed) 2pm

**Pauline Goh** 

Vanessa Mok

## **Tampines**

• Adventure in Craft Making **Jayce Yong** 3 Nov (Mon) 1.30pm

 Pen Ink Doodling 5 Nov (Wed) 2pm

Nagomi Pastel Art 17 Nov (Mon) 2pm



**Sher Lev** 



To apply, write to info@brahmcentre.com

# Learning & Development Retreat

# **Mindfulness for Psychological Growth & Psychotherapy**

14-18 January 2026 | 3-day & 5-day options



Prof. Ronald Siegel is a clinical psychologist who has taught at Harvard Medical School for over 40 years. He teaches internationally about the application of mindfulness practice in psychotherapy and mind-body treatment, serves on the Board of Directors and faculty of the Institute for Meditation & Psychotherapy, and has authored many books including Mindfulness and Psychotherapy, The Mindfulness Solution: Everyday Practices for Everyday Problems, and The Extraordinary Gift of Being Ordinary: Finding Happiness Right Where You Are.

SHERATON FOUR POINTS BINTAN

EARLY BIRD: Book by 11.11.2025 Save \$100!





2:30pm

by Tr. Neet

**Basic Conversational** 

**English by Tr. PLN** 

Housekeeping and

Maintenance

Basic Conversational English by Tr. Phyu

**Looking After Your Mental** 

by Dr. Irene Tirtajana

Mindful Yoga b Tr. Neeti

1pm

for domestic workers from Myanmar & Indian sub-continent



Block 148 Simei St 1 # 01-121, S 520148

B

Sundays

Scan to

Register

11am 12pm

Basic Conversational 02-Nov English by Tr. May Thu

**Basic Conversational** 09-Nov English by Tr. PLN

Basic Conversational 16-Nov Chinese

Care for Patients with Catheters and 23-Nov Constipation by Tr. Phyu

Mindful English for 30-Nov **Everyday Life** 

REGISTER NOW



Dr. Irene Tirtajana Senior Consultant **Psychiatry** 



Ministry of UEN: 200200267M

Burmese: 8427 5196 Indian/Sri Lankan: 9894 9505 Simei 148: 6612 6125

info@brahmcentre.com

# **Health Program**

• The Wisdom Behind Teeth & Jaw Alignment, 15 Nov (Sat) 10.30am-12.00pm

# **Fun Programs**

• Body Project for Sec Sch Girls, 12 & 19 Nov (Wed) 3.30-5.30pm

• Stencil Art on Tote Bag Workshop, 29 Nov (Sat) 1pm-3pm Mosaic Art Workshop, 29 Nov (Sat) 3.30pm-5.30pm

Mindfulness for Mental WellBeing Taster Sessions

22 Nov, 13 Dec, 10 & 24 Jan (Sat) 10am-12pm Newton

This course is aimed at supporting individuals coping with

7 Nov (Fri) 7pm-9pm Newton by May Chng & Angie Chew

Mindfulness Workshop for Parenting & Caregiving

17 Nov (Mon) 6.30pm-9.30pm Newton by Angie Chew 18 Dec (Thu) 6.30pm-9.30pm Newton by Hsueh Ya Wen

CAREGIVING

IS REAL

You are NOT alone. Most caregivers experience them too!

It can be worse if the relationships have fractured - between you and your parent or between you and your spouse through separation or divorce.

Use your skillsfuture credits to learn **new coping skills** to heal yourself and rebuild the relationships.

al well-being and reducing burden among caregivers

Myskillsfuture

10 Nov (Mon) 7pm-8pm, Newton

5 Dec (Fri) 7pm-8pm Tampines

13 Dec (Sat) 10am-11am Simei

8 Jan (Thu) 7pm-8pm Labrador

30 Jan (Fri) 7pm-8pm, Newton

Mindfulness in Caregiving

STRESS LEVEL

CHOICE OF:

Mindfulness in Caregiving Course

**6** brahmcentreyouth

Mindfulness in Parenting & Caregiving Workshop

Mindfulness Programs

Primary School Students, 29 Nov (Sat)

10am-11am **OR** 17 Dec (Wed) 3pm-4pm

Secondary School Students, 26 Nov (Wed)

2pm-3.30pm OR 18 Dec (Thu) 3pm-4.30pm

**Mindfulness Circle Practice Sessions** 

caregiving and healing fractured relationships.

Reducing stress in Parenting and Caregiving

To support the mindfulness graduates

• Level Up Your Listening & Communication Skills,

3 & 10 Dec (Wed) 2pm-4pm Body Project for Young Ladies (17yrs & above) 4 & 11 Dec (Thu) 3.30pm-5.30pm

• Guided Bouldering, 5, 12 & 19 Dec (Fri) 2pm-3.30pm

• Floral Lantern Workshop, 6 Dec (Sat) 1pm-3pm • Christmas Craft Camp, 6 & 13 Dec (Sat) 1pm-5pm

• 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



skills in a supportive environment.

Know More

Scan to