

brahmcentre Building Resilient And Happy Minds

Growing Well Together

JUL 2026 EDITION

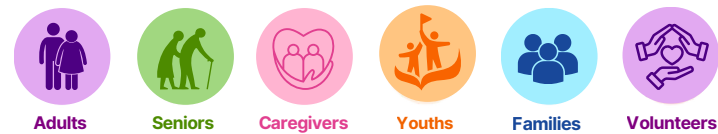


Stronger Together. Better Every Day.

July 2026 Programs, Support & Excursions

Mindfulness, caregiving, youth and family activities that support well-being, connection and care.

WHO WE SUPPORT



Find the right program for you inside!

Counselling Centre Hotline
6655 0000 / 8823 0000

Visit our website
brahmcentre.com



OUR CENTRES

Aljunied (EW9)
Blk 108 Aljunied Crescent #01-36
S380108 ☎ 6876 0262

Labrador (CC27/28)
2 Telok Blangah St 31,
Yeo's Bldg Level 2
S108942 ☎ 6876 0266

MacPherson (CC10 DT26)
Blk 55 Pipit Road #01-01
S370055 ☎ 6741 1131

Newton (NS21 DT11)
L4: 47 Scotts Road #04-02A
Goldbell Towers
S228233 ☎ 6610 3870

L5: 47 Scotts Road #05-02
Goldbell Towers
S228233 ☎ 6990 5349

Simei (EW3)
Blk 227 Simei Street 4 #01-50
S520227 ☎ 6786 0800

Blk 148 Simei Street 1 #01-121
S520148 ☎ 6612 6125
Blk 107 Simei Street 1 #01-838
S520107 ☎ 6612 8396

Tampines (DT33)
Blk 473 Tampines Street 43 #01-94
S520473 ☎ 6908 2122

grove (NS23)
*SCAPE, 2 Orchard Link #04-06
S237978 ☎ 8866 4811

Follow Us



www.brahmcentre.com

Counselling Centre Hotline:
6655 0000 / 8823 0000

BrahmCentreSg

info@brahmcentre.com

SUPPORT OUR WORK

Your support helps us bring mindfulness and care to more lives



Download individual centre calendars



YOUTH PROGRAMS

Mindfulness for Youth

Success Starts With Calm (Pri)
8 Sep (Tue) 2pm-3pm • Newton
10 Sep (Thu) 10am-11am • Newton

Building Resilience Under Pressure (Sec)
4 Sep (Fri) 2pm-4pm • *SCAPE
11 Sep (Fri) 2pm-4pm • *SCAPE



Scan to Register



Fun Activities

ChillOut Every Wed & Thur | 4pm-6pm | Aljunied

Study Space Every Wed & Thur | 4pm-6pm | Aljunied

The Mixing Bowl 7 & 21 Jul | 5pm-6.30pm | Aljunied

Snack Lab 8 Jul | 5pm-6.30pm | Aljunied

Sauce Lab 29 Jul | 5pm-6.30pm | Aljunied

Scan to Register



Internships for Youths (Age 15-25)

Build your CV by growing your heart, not just your mind.

- ✓ Build confidence
- ✓ Gain empathy and resilience
- ✓ Make a community impact

To apply, email CV to
info@brahmcentre.com

Sponsor

BANK OF AMERICA



Scan to Apply



Youth Hotline:
8866 4811 (WhatsApp)
youthcare@brahmcentre.com

brahmcentreyouth
t.me/brahmyouthcircle

FEATURES

Tour to Siem Reap

4-DAYS 3-NIGHTS

Visit UNESCO Heritage Sites
ANGKOR WAT • TA PHROM • BAYON

TOUR PRICE \$950 SGD PER PERSON (TWIN SHARE)
BOOK BY 11 JULY: SAVE \$30

Inclusive of accommodation, breakfast, 2 lunches, 2 dinners, sightseeing pass and local transport.

FOR BOOKING FORM: info@brahmcentre.com

OMEGA

PROGRAM FOR MIGRANT DOMESTIC WORKERS

Empowered. Supported. Connected.

WE ARE HERE ALL YEAR ROUND!

52 WEEKS

JOIN US ON WhatsApp 8427 5196 FREE to join!

EVERY WEEK 52 weeks of programs and support.

MINDFULNESS RETREAT & TALKS

MINDFULNESS RETREAT

20-24 Feb 2027

by Dr Ronald Siegel, Harvard Medical School

Calming The Anxious Mind

for inner peace and more happiness

SCAN HERE

Sheraton Four Points Resort, Bintan

SATURDAY SEMINARS @ LABRADOR

11 Jul 2.30pm - 4pm
Overcoming Our Fears Toward AI
A/Prof Angie Chew
CEO & Mindfulness Principal

25 Jul 2.30pm - 4pm
Healthier Life for Longevity Part II
Dr Koh Li Wearn
Senior Consultant, TTSH

MINDFULNESS COURSES

For Adults and Seniors

Labrador	Mindfulness Foundation Course 4 Aug (Tue) 10am-12pm by Thomas Irawan Mindfulness Based Stress Reduction Course 22 Jul (Wed) 7pm-9.30pm by Hsueh Ya Wen Mindfulness Based Cognitive Therapy Course 27 Aug (Thu) 7pm-9.30pm by May Chng Mindfulness for Better Sleep 20 Aug (Thu) 10am-11.30am by May Chng Stress Relief Session (FREE) 16 Jul (Thu) 7pm-8pm Therapeutic Nature Walk 15 Aug (Sat) 8am-9.45am at Labrador Park One Day Retreat 5 Sep (Sat) by Hsueh Ya Wen
MP	Mindfulness for Better Sleep 19 Aug (Wed) 3.30pm-5pm by Hsueh Ya Wen
Newton	Mindfulness Foundation Course 9 Jul (Thu) 7pm-9pm by Angie Chew 正念基础课程 (CMFC) 8 Aug (Sat) 2pm-4pm by Hsueh Ya Wen Mindfulness Based Stress Reduction Course 7 Sep (Mon & Thu) 7pm-9.30pm by Angie Chew Mindfulness Based Cognitive Therapy Course 17 Jul (Fri) 7pm-9.30pm by May Chng 12 Aug (Wed) 10am-12.30pm by Tan Chew Ping Mindfulness Circle - for mindfulness graduates (FREE) 11 & 25 Jul 8 & 22 Aug (Sat) 10am-12pm 正念圈练习 只限完成正念课程学员参加 (FREE) 18 Jul 15 Aug (Sat) 10am-12pm
Simei	Mindfulness Foundation Course 11 Jul (Sat) 10am-12pm Simei 148 by Christina Liew Mindful Compassion Course 18 Aug (Sat) 10am-12pm Simei 148 by Christina Liew
Tampines	正念基础课程 (CMFC) 20 Aug (Thu) 2pm-4pm by Hsueh Ya Wen 静心好眠工作坊 8 Jul (Wed) 2pm-3.30pm by Hsueh Ya Wen One Day Retreat 30 Aug (Sun) by May Chng

Turning 50 in 2026? Enjoy 80% course subsidy (SG citizen & PR)



ART COURSES

Aljunied EW9
Art Jam x Colour Pencil by Xiang Ling
7 Jul (Tue) 2pm-4pm

Tampines DT33
Art of Planting by Margaret Huang
11 Jul (Sat) 10am-3pm

Newton NS21 DT11
[NON NSA] Pencil Sketching (Int) by Jeffrey Ang
14 Jul (Tue) 10am-12.40pm

Labrador CC27/28
B&W Nagomi Pastel Art Course by Audrey
15 Jul (Wed) 10am-12pm
Graphite Painting Course by Janice
27 Jul (Mon) 2pm-4.30pm
Watercolour Pencil Course by Lee Nee
28 Jul (Tue) 2.30pm-5.10pm
Decoupage Art Course by Angie Ong
6 Aug (Thu) 12pm-4pm
Chinese Calligraphy Course by Louis
7 Aug (Fri) 2pm-4pm

Simei EW3
Nagomi Pastel Art Course by Gina
7 Aug (Fri) 2pm-4pm

Scan to Register

Turning 50 in 2026? Enjoy 80% course subsidy (SG citizen & PR)



STAY-IN EXPERIENCES

A 10-DAY MINDFUL DISCOVERY JOURNEY

BHUTAN

REFRESH • RECONNECT • RECHARGE

2026: Sep 3-12
2027: Apr 22-May 1
May 13-22
Jun 6-15

\$5,330/person (TWIN SHARING) | \$5,555 (SINGLE ROOM)

ALL-INCLUSIVE
Air-ticket, room, meals, land tours & entrance fees, visa fees & govt taxes. NO hidden fees.

MINDFUL EATING
Healthy meals

DAILY MINDFUL MOVEMENT & PRACTICE
led by Brahm Centre staff

Enquiries & booking
info@brahmcentre.com

Fundraising Program by Bodhinyana Ltd
(UEN 201503671W)
Net proceeds will be donated to Brahm Centre
(UEN 200200167M)

Scan to Learn More