brahm centre — Building Resilient And Happy Minds

NOV - DEC 2026 EDITION

It takes skills to maintain good relationships



ALSO inside

School Holiday Mindfulness Workshops!

Find the right course for you inside

Counselling Centre
8823 0000

Visit our website
brahmcentre.com

MINDFULNESS COURSES @ NEWTON

Mindfulness Based Cognitive Therapy (8 lessons)
9 Dec (Wed) 10am-12.30pm by Tan Chew Ping

Mindfulness Foundation Course (4 lessons)
Jan 8 (Fri) 7pm-9pm by May Chng

正念基础课程 (Chinese MFC - 4 lessons)
Jan 9 (Sat) 2pm-4pm by Amy Fang

Mindfulness Foundation Course (4 lessons)
Feb 2 (Tue) 10am-12pm by Hsueh Ya Wen

生活认知疗法 (又名生活的正念 - 8 lessons)
Feb 27 (Sat) 2pm-4.30pm by Hsueh Ya Wen

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80% OFF NSA Subsidy

Mindfulness Based Cognitive Therapy (8 lessons)
Mar 2 (Tue) 7pm-9.30pm by Angie Chew

Mindfulness Based Stress Reduction (8 lessons)
Mar 17 (Wed) 7pm-9.30pm by Hsueh Ya Wen

Mindfulness Based Cognitive Therapy (8 lessons)
Mar 25 (Thu) 7pm-9.30pm by Angie Chew

Mindfulness Advanced Course (Brahm @ Labrador)
Mar 27&28, Apr 3&4 | 9am-5pm by Angie Chew & May Chng

Mindfulness Workshops for Youths

Primary School Students

Meeting Big Feelings (Managing Emotions)
25 Nov · 2pm

Finding Joy in the Small Things (Developing Gratitude)
8 Dec · 10am / 17 Dec · 2pm

Secondary and above

Reset & Recharge
27 Nov / 18 Dec · 10am

Riding the Emotional Waves
11 Dec · 3pm

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MINDFULNESS RETREATS

Trauma & Deep Pain Healing Retreat

by Dr David Treleaven & A/Prof Angie Chew

This 3-day mindfulness retreat helps individuals to understand and work through the emotional impact of trauma, loss, and deeply held pain.

- $480
- 25-27 Dec 2026 · 9:30am - 5:30pm
- Brahm Centre @ Labrador, Yeo's Building



FREE PARKING

80% OFF NSA Subsidy

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Calming The Anxious Mind Retreat

by Dr Ronald Siegel
Harvard Medical School

20–24 Feb 2027 (3 or 5 days)

Learn the skills to be more at peace and lead a happier & healthier ife.

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Four Points by Sheraton Bintan



CONVERSATION ON DEPRESSION & SUICIDE PREVENTION

FREE

Learn how we can better support people through depression and the risk of suicide:

- Recognizing warning signs
- Starting the conversation
- Finding the right support



Dr Ong Say How
IMH

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5 Dec 2026 (Sat)
3pm – 5pm

Brahm Centre @ Labrador



Adj. A/Prof Angie Chew

MINDFULNESS ADVANCED COURSE



Adj. A/Prof Angie Chew



May Chng

For MBSR and MBCT graduates with 3-day retreat experience. Learn how to guide mindfulness practices.

Mar 27 & 28, Apr 3 & 4
9am–5pm daily
Brahm Centre @ Labrador

80% OFF NSA Subsidy

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OUR CENTRES
Find us Join us

Across Singapore, we are here for you.



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

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

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

FREE PARKING

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

Download centre calendars

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brahmcentreyouth

Counselling Centre:
8823 0000
BrahmCentreSg

www.brahmcentre.com
info@brahmcentre.com

MINDFUL PARENTING COURSE

Do you find raising and educating children in today's fast-changing world challenging?

Learn from Dr. Susan Bögels, author & clinical psychologist from University of Amsterdam, to better support children while managing your own stress.

5-Day Residential Course(5RC): 23- 27 Apr
***Train The Trainers Course: 29 Apr- 3 May**
Enquiries: info@brahmcentre.com





**MBSR or MBCT + the above 5RC are pre-requisites to becoming a trainer.*

MENTAL HEALTH SERVICES

For all requests, email to: info@brahmcentre.com



FREE COUNSELLING for all ages

Whether you're an adult or a young person, our counsellors offer a safe, caring space to talk and find support that fits.
Parental consent is NOT required.

Book a counselling session: 8823 0000

FREE COGNITIVE SESSION for older adults



This simple, non-invasive cognitive screening gives you an early picture of your brain health. Plan ahead with confidence, support independent living, and give your loved ones peace of mind.

FOR YOUTHS

Bridges To Flourishing Course for Teens & Young Adults

17 & 23 Dec 2pm

Are you transitioning to a new school or job?

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Would you like to flourish when you transition to the new environment?

This program helps participants build self-awareness, resilience and confidence for the transition from school to further studies or work.

Supported by: MCCY Ministry of Culture, Community and Youth

FREE WELL-BEING ASSESSMENT

for youths and young adults

Find out how well you are doing. Reach out for a FREE assessment with our care coordinator.



INTERNSHIPS

for youths and young adults

Grow your heart & strengthen your CV through serving others, developing your social skills & confidence.



Sponsor: BANK OF AMERICA

Internships are available all year round. Healthcare placements in hospitals & nursing homes are also available.

Email your CV: info@brahmcentre.com

A 10-DAY MINDFUL DISCOVERY JOURNEY

BHUTAN

REFRESH • RECONNECT • RECHARGE

Apr 22- May 1
May 13-22
Jun 6-15
Aug 8-17
Sep 13-22

"A well-planned & memorable trip, enjoyed the mindfulness sessions at the start of each day!"



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

DAILY MINDFUL MOVEMENT & PRACTICE
led by Brahm Centre staff & local English speaking guide





$5,330 /person Twin Sharing
$5,555 Single Room

Enquiries & bookings: info@brahmcentre.com

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

OMEGA

Classes for your Domestic Workers Every Sunday

FREE

SCAN ME



Supported by Ministry of Manpower

Chinese & English conversational skills, cooking, sewing, wellness & FREE counselling service.

WhatsApp 8427 5196