brahm centre — Building Resilient And Happy Minds

OCT - DEC 2026 EDITION

80% NSA SUBSIDY

for 50 & above, will be ending 31 Mar 2027



Find the right course for you inside

Counselling Centre
6655 0000 / 8823 0000

Visit our website
brahmcentre.com

OUR CENTRES

Find us. Join in.

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

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

Download centre calendars

Follow Us
BrahmCentre
brahmcentresg
brahmcentreyouth
BrahmCentreSg

Counselling Centre:
6655 0000 / 8823 0000

www.brahmcentre.com
info@brahmcentre.com

MINDFULNESS COURSES

80% OFF NSA Subsidy

Labrador

Stress Reduction & Cognitive Resilience Course (8 lessons) 7 Oct (Wed) 7pm-9pm by Angie Chew

Mindfulness Foundation Course (4 lessons)
17 Oct (Sat) 10am-12pm by Thomas Irawan

One Day Retreat
3 Oct (Sat) by May Chng

Newton

Mindfulness Foundation Course (4 lessons)
9 Oct (Fri) 7pm-9pm by Carmen Kee

Mindfulness Based Stress Reduction Course (8 lessons)
22 Oct (Thu) 7pm-9.30pm by Angie Chew

Mindfulness Based Cognitive Therapy Course (8 lessons)
10 Nov (Tue) 7pm-9.30pm by May Chng
9 Dec (Wed) 10am-12.30pm by Tan Chew Ping

Mindfulness for Better Sleep (2 lessons)
18 Nov (Wed) 7pm - 8.30pm by May Chng

5-Day Advanced Mindfulness Course
3 to 7 Dec (Thu-Mon) 10am-5pm by May Chng & Angie Chew

正念基础课程 (四课)
12 Nov (Thu) 10am-12pm by Hsueh Ya Wen

一日止语静心营
7 Nov (Sat) by Hsueh Ya Wen

Mindfulness Circle - for mindfulness graduates (FREE)
10 & 24 Oct | 14 & 28 Nov (Sat) 10am-12pm

正念圈练习 只限完成正念课程学员参加 (FREE)
21 Nov (Sat) 10am-12pm

Aljunied

Mindfulness Based Stress Reduction Course (8 lessons)
17 Oct (Sat) 10am -12.30pm by Hsueh Ya Wen

Tampines

One Day Retreat
29 Nov (Sun) by Angie Chew

SCAN HERE

MENTAL HEALTH SERVICES

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



TALK THINGS THROUGH 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. Reach out to us for a fully subsidised counselling session!

Book a Counselling session: 6655 0000/ 8823 0000

COGNITIVE SCREENING 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. **This service is FREE!**

WELL-BEING ASSESSMENT for youths and young adults



Find out how you are doing. Reach out for a FREE assessment with our care coordinator. **This service is FREE!**

INTERNSHIPS for youths and young adults



Grow your heart & strengthen your CV through serving others, developing your social skills & confidence. Healthcare placements in hospitals & nursing homes are also available.

Two-month internships are available all year round. One-month internships for 15-year olds will be from Nov/Dec 2026. Allowance: $500-$800/month. Do email us your CV to apply.

Sponsor: BANK OF AMERICA

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

SCAN HERE

MINDFULNESS RETREAT

CALMING THE ANXIOUS MIND

for inner peace and more happiness
by Dr Ronald Siegel
Harvard Medical School

20–24 Feb 2027 (3 or 5 days)

SCAN HERE





Four Points by Sheraton Bintan

ART COURSES & OMEGA PROGRAM

Tampines **DT33**

Pen Ink Drawing Course by Xiang Ling
(6 lessons) 21 Oct (Wed) 2pm-4.30pm

Newton **NS21** **DT11**

Nagomi Pastel Art Course (Black & White) by Audrey
(6 lessons) 23 Oct (Fri) 10am-12.40pm

Pen Ink Drawing Course x Tangles by Gina
(6 lessons) 23 Oct (Fri) 2pm-4.30pm

Art Jam x Coloured Pencil by Xiang Ling (Non-NSA)
(2 lessons) 21 Nov (Sat) 10am-1pm

Simei **EW3**

Batik Painting Course by Tan Ching Ching
(6 lessons) 9 Oct (Fri) 2pm-4.40pm

Zentangle Inspired Art Booklet by Joni
(6 lessons) 21 Oct (Wed) 2pm-4.30pm

Labrador **CC27/28**

Pen Ink Drawing x Couture by Janice
(6 lessons) 13 Oct (Tue) 2.30pm-5pm

Mosaic Art Course by Angie Ong
(2 lessons) 16 Nov (Mon) 1pm-5pm

FREE PARKING

80% OFF
NSA Course Subsidy *for SG citizens & PRs aged 50 and above*

SCAN ME

MIGRANT DOMESTIC WORKERS PROGRAM every Sunday

OMEGA

SCAN ME



FREE skills classes, safe connections and counselling for MDWs' wellbeing.

Supported by Ministry of Manpower

WhatsApp 8427 5196

NEW COURSE & HEALTH SEMINAR

NEW

STRESS REDUCTION & COGNITIVE RESILIENCE COURSE

by A/Prof Angie Chew

Designed for graduates of either MBSR or MBCT, the 8 lessons will help you to gain wisdom & deepen your mindfulness practices in navigating life's pressures, uncertainties and changes.

STRESS REDUCTION AND COGNITIVE RESILIENCE PROGRAM

SCAN HERE

$550 50% Subsidy available
From 7 Oct 2026 (8 lessons)
7pm to 9pm
Brahm @ Labrador Yeo's Building

FREE PARKING



HEALTH SEMINAR

Did you know that chronic stress affects your body and mental health?

BOOSTING THE ENERGY IN YOUR BODY & MIND

with Dr Koh Li Wearn & A/Prof Angie Chew



Learn what you can do to boost your energy levels in body and mind for a better quality of life!

SCAN HERE

31 Oct 2026 (Sat)
2:30pm - 4:30pm
Brahm Centre @ Labrador Yeo's Building



FREE PARKING

MINDFUL TOUR

A 10-DAY MINDFUL DISCOVERY JOURNEY

BHUTAN

REFRESH • RECONNECT • RECHARGE

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



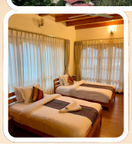
2027
Apr 22- May 1
May 13-22
Jun 6-15
Aug 8-17
Sep 13-22

$5,330 /person TWIN SHARING
$5,555 SINGLE ROOM

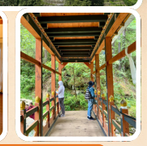




ALL-INCLUSIVE
Air-ticket, room, meals, land tours, govt taxes, entrance fees & visa fees. NO hidden fees.



MINDFUL EATING
Healthy meals



DAILY MINDFUL MOVEMENT & PRACTICE
led by Brahm Centre staff

Enquiries & bookings: info@brahmcentre.com

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