



Skillsfuture credits & NSA subsidies are applicable to mindfulness & art courses



Mindfulness

Transform your mind & you will transform your life



Skillsfuture credits can be applied

Mindfulness Foundation Course

- (4 Lessons)
 3 Jul (Wed), 3.30pm-5.30pm, MacPherson Christina Liew
 10 Jul (Wed), 7pm-9pm, Newton Kate Loreto
 6 Aug (Tue), 7pm-9pm, MacPherson Lily Gan
 19 Aug (Mon), 7pm-9pm, Newton Christina Liew
 12 Sep (Thu), 7pm-9pm, Newton Hsueh Ya Wen

Mindfulness Based Stress Reduction Course

- (8 Lessons + One-Day Retreat)
 6 Jul (Sat), 10am-12.30pm, Tampines Christina Liew
 9 Jul (Tue), 7pm-9.30pm, Newton Angie Chew
 11 Sep (Wed), 7pm-9.30pm, Newton Christina Liew

Mindfulness Based Cognitive Therapy Course

- (8 Lessons + One-Day Retreat)
 16 Oct (Wed), 3.30pm-6pm, MacPherson Lily Gan
 22 Oct (Tue), 7pm-9.30pm, Newton Angie Chew

Mindful Compassion Course

- (8 Lessons + Half-Day Retreat)
 24 Oct (Thu), 7pm-9pm, Newton Angie Chew

正念基础课程 Chinese Mindfulness Foundation Course

- (4 Lessons)
 5 Jul (Fri), 7pm-9pm, Simei Lily Gan
 18 Sep (Wed), 3.30pm-5.30pm, MacPherson Lily Gan

正念认知疗法(又名生活的正念) Chinese Mindfulness Based Cognitive Therapy

- (8 Lessons + One-Day Retreat)
 6 Sep (Fri), 7pm-9.30pm, Simei 227 Lily Gan

3-Day Mindfulness Retreat (Trainers In-Person)

- 9 Nov to 11 Nov 2024 Angie Chew & Chris Willard
 15 Feb to 17 Feb 2025 Angie Chew & Dr David Treleavan

Dr Christopher Willard
Clinical Psychologist
Harvard Medical School
9-11 Nov 2024
Building Resilience & Managing Pain

Dr David Treleavan
Trauma Specialist
15-17 Feb 2025
Healing and Working with Traumas

Changi Village Hotel
1 Netheravon Rd, S508502
Residential options will be available
9am - 6pm

The 5-day Mindfulness Advance Course will include 2-days of practicum & teach-backs for anyone who intend to lead the practices.
Registration will open by 15 July 2024. Skillsfuture credits can be applied.

VISIT OUR CENTRES

Newton **NS21 DT11**
47 Scotts Road #04-02A Goldbell Towers
S228233 ☎ 6610 3870

Youth Centre @ Newton
47 Scotts Road #05-02 Goldbell Towers
S228233 ☎ 6990 5349

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

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

Simei 148
Blk 148 Simei Street 1 # 01-121
S520148 ☎ 6612 6125

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

FOLLOW US

- Info@brahmcentre.com
www.brahmcentre.com
Counselling Centre Hotline: 6655 0000 / 8823 0000
- brahmcentresg mindfulty.sg
t.me/brahmcentre
- brahmcentreyouth
t.me/brahmcentreyouth



Art Courses

Newton

- Coloured Pencil Drawing 26 Jul (Fri) 2.30pm-5.10pm
by Xiang Ling
 Watercolour Floral Brush Lettering...27 Jul (Sat) 10am-12.40pm
by Kathleen Wah
 Chinese Brush Painting (Int.) 29 Jul (Mon) 10am-12.30pm
by Sher Ley
 NEW Chinese Calligraphy7 Aug (Wed) 10am-12.40pm
by Manlin
 Nagomi Pastel Art 13 Aug (Tue) 2pm-4pm
by Zu Wee Ling
 NEW Pen Ink Drawing 14 Aug (Wed) 2pm-4.30pm
by Tia
 NEW Acrylic Painting (Beg.) 17 Aug (Sat) 2pm-4.40pm
by Hui Ting
 Coloured Pencil Drawing 22 Aug (Thu) 10am-12.40pm
by Paul Lee
 Watercoloured Painting (Beg.) 22 Aug (Thu) 2pm-4.40pm
by Paul Lee
 NEW Pen Ink Drawing 3 Sep (Tue) 10am-12.30pm
by Andrew Tan
 NEW Graphite Painting 9 Sep (Mon) 2pm-4.30pm
by Janice Chin
 Pencil Sketching (Int.) 14 Sep (Sat) 10am-12.40pm
by Erwin Lian
 Watercolour Painting (Int.) 16 Sep (Mon) 10am-12.40pm
by Sher Ley
 Decoupage Art 20 Sep (Fri) 1pm-5pm
by Danica Yip
 Acrylic Painting (Int.) 25 Sep (Wed) 10am-12.30pm
by Laura Soon

Simei 148

- Acrylic Painting (Beg.) 25 Jul (Thu) 2pm-4.40pm
by Steve Liu
 Watercolour Painting (Beg.) 26 Jul (Fri) 10am-12.40pm
by Sher Ley
 Chinese Brush Painting (Int.) 26 Jul (Fri) 2pm-4.30pm
by Sher Ley
 Mosaic Art 29 Jul (Mon) 12pm-4pm
by Angie Ong
 Adventure in Craft Making 30 Jul (Tue) 10am-1pm
by Jayce Yong
 Mosaic Art 12 Aug (Mon) 12pm-4pm
by Angie Ong
 NEW Pen Ink Drawing 23 Aug (Fri) 10am-12.30pm
by Jeffrey Ang
 Adventure in Craft Making 27 Aug (Tue) 10am-1pm
by Jayce Yong

MacPherson

- NEW Pen Ink Drawing 13 Jul (Sat) 10am-12.30pm
by Xiang Ling
 Watercolour Painting (Int.) 29 Jul (Mon) 2pm-4.40pm
by Sher Ley
 NEW Chinese Brush Painting 10 Aug (Sat) 2pm-4pm
by Manlin
 Adventure in Craft Making 16 Aug (Fri) 2pm-5pm
by Jayce Yong
 NEW Chinese Calligraphy 31 Aug (Sat) 10am-12pm
by Manlin
 Pastel Art 9 Sep (Mon) 10am-12pm
by Ruyan
 Mosaic Art 10 Sep (Tue) 1.30pm-5.30pm
by Danica Yip

Tampines

- Chinese Brush Painting (Beg.) 23 Jul (Tue) 1.30pm-3.30pm
by Sher Ley
 Acrylic Painting 29 Jul (Mon) 2pm-4.40pm
by Lee Lee Nee
 Nagomi Pastel Art 29 Jul (Mon) 2pm-4pm
by Zu Wee Ling
 Adventure in Craft Making 30 Jul (Tue) 2.30pm-5.30pm
by Jayce Yong
 Art of Planting 1 Aug (Thu) 1pm-5pm
by Grace Tan
 Zentangle (Int.) 14 Aug (Wed) 10am-12.40pm
by Wai Fong
 Pen Ink Drawing 15 Aug (Thu) 10am-12.30pm
by Tia
 NEW Garden To Fork 101 24 Aug (Sat) 10am-3pm
by Margaret Huang
 Nagomi Pastel Art (Int.) 27 Aug (Tue) 10am-12pm
by Ruyan
 Adventure in Craft Making 27 Aug (Tue) 2.30pm-5.30pm
by Jayce Yong
 Chinese Calligraphy 4 Sep (Wed) 2pm-4.40pm
by Louis Tan
 Decoupage Art 5 Sep (Thu) 1pm-5pm
by Danica Yip
 Chinese Brush Painting (Beg.) 24 Sep (Tue) 1.30pm-3.30pm
by Sher Ley

20% discount on non-subsidised tickets available for selected art courses.

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SCAN ME



MENTAL HEALTH SEMINAR ON DIVERSITY

Have you struggled to meet the expectations of others or felt the pains of rejection because you are different?

JOIN US TO DISCUSS THE PAINS OF NON-ACCEPTANCE & HOW YOU CAN BE SUPPORTED

SAT 27 JULY 4PM-6PM



Overcoming Anxiety & Depression
 Dr Christopher Cheok
 Chief and Senior Consultant
 Dept of Forensic Psychiatry
 Institute of Mental Health



Meeting The Challenges of Non-Acceptance
 Adj. A/Prof Angie Chew
 CEO & Mindfulness Principal
 Brahm Centre

FREE

SCAN ME



Venue:
 Brahm Centre @ Newton
 47 Scotts Road #04-02A, Goldbell Towers
 Singapore 228233
 MRT: Newton