



Happier and Healthier Living

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



Mindfulness



Mindfulness Foundation Course
(4 Lessons)
3 Jun (Mon), 3pm-5pm, Tampines May Chng
6 Jun (Thu), 2pm-4pm, Newton May Chng
21 Jun (Fri), 7pm-9pm, Newton May Chng
3 Jul (Wed), 3.30pm-5.30pm, MacPherson Christina Liew
10 Jul (Wed), 7pm-9pm, Newton Kate Loreto

Chinese Mindfulness Foundation Course
(4 Lessons)
5 Jul (Fri), 7pm-9pm, Simei Lily Gan

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

Mindfulness Based Cognitive Therapy Course
(8 Lessons + One-day Retreat)
1 Jun (Sat), 2pm-4.30pm, Tampines Lily Gan
4 Jul (Thu), 7pm-9.30pm, Newton Angie Chew

Mindfulness Advance Course
Nov Adj. A/Prof Angie Chew & Dr David Treleavan

3-Day Mindfulness Retreat
Nov Adj. A/Prof Angie Chew & Dr David Treleavan

Youth 2-Day Fun Camp



Theme: Cultivate Healthy Habits for Life

- Mindfulness Practices
- Journaling
- Strength Spotting
- Amazing Race
- Nutrition Cooking
- Sports

Dates: 19 & 20 June, 10am-5.30pm
Venue: Brahm Centre @ Simei 148



Youth Mindfulness Retreat 3-Day 2-Night Residential

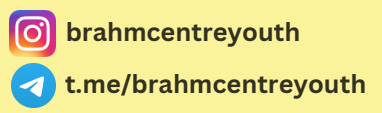
by Adj. A/Prof Angie Chew



Theme: Enhancing Self-Confidence
Learn concepts and techniques to manage anxiety to improve self-confidence and performance

Dates: 29 Jun (Sat) - 1 Jul (Mon)
Venue: To be confirmed

To apply, email info@brahmcentre.com



Youth Programs



Join Youth Club / Well-being Assessment

Ages 13 - 18

Craft Workshops
Mother's Day Craft, 11 May (Sat), 2pm-4.30pm Newton
Terrarium Making, 25 May (Sat), 1pm-4pm Newton
Father's Day Craft, 8 Jun (Sat), 2pm-4pm Newton

Sports & Games
Sports Camp, 15 Jun (Sat), 2pm-6pm Hwa Chong Institution
Chess, 22 Jun (Sat), 2pm-4pm Newton

Enrichment
Youth Camp, 19 (Wed) & 20 Jun (Thu), 10am-5.30pm Simei

Ages 13 - 25

Sports & Games
Inline Skating Foundation, 11 May (Sat), 4pm-5pm Simei
Strength and Conditioning, 1 Jun (Sat), 11am-12pm Simei
Fun Hip Hop Dance, 5 Jun (Wed), 4.30pm-5.30pm Simei
Fun Hip Hop Dance, 6 Jun (Thu), 5pm-6pm Newton

Enrichment
Basic Coding, 1 Jun (Sat), 1pm-3pm Simei
Bullet Journaling, 6 Jun (Thu), 2pm-4pm Newton
Guitar and Piano, 8 Jun (Sat), 2pm-4pm Simei
Parent & Child Crochet, 11 Jun (Tue), 2pm-5pm Simei
Game Design, 14 Jun (Fri), 2pm-5pm Simei

Art Courses



Newton

Adventure in Craft Making 15 May (Wed) 10am-12pm by Jayce Yong
NEW Acrylic Painting (Beg.) 4 Jun (Tue) 10am-12.40pm by Hui Ting
NEW Pen Ink Drawing 7 Jun (Fri) 2.30pm-5pm by Xiang Ling
Chinese Calligraphy 15 Jun (Sat) 1.30pm-3.30pm by Louis Tan
NEW A3 Watercolour Painting 19 Jun (Wed) 2pm-4.40pm by Ching Ching
NEW Nagomi Pastel Art (Int.) 25 Jun (Tue) 2pm-4.40pm by Zu Wee Ling
NEW Chinese Brush Painting (Int.) 4 July (Thu) 2pm-4.30pm by Paul Lee
Pencil Sketching 4 July (Thu) 10am-12.40pm by Paul Lee
NEW Graphite Painting 15 July (Mon) 2pm-4.30pm by Janice Chin
NEW Pen Ink Drawing 16 July (Tue) 10am-12.30pm by Andrew Tan
Coloured Pencil Drawing 26 Jul (Fri) 2.30pm-5pm by Xiang Ling
Watercolour Floral Brush Lettering 27 July (Sat) 10am-12.40pm by Kathleen Wah
Chinese Brush Painting (Int.) 29 Jul (Mon) 10am-12.30pm by Sher Ley

Simei 148

Adventure in Craft Making 28 May (Tue) 2.30pm-4.30pm by Jayce Yong
NEW Acrylic Painting (Int.) 6 Jun 2pm-4.30pm By Steve Liu
Watercolour Painting 7 Jun (Fri) 10am-12.40pm by Sher Ley
Chinese Brush Painting 7 Jun (Fri) 2pm-4.40pm by Sher Ley
Acrylic Painting 18 Jun (Tue) 10am-12.40pm by Lee Lee Nee
Mosaic Art 24 Jun (Mon) 12pm-4pm by Angie Ong
Adventure in Craft Making 31 Jul (Wed) 10am-12pm by Jayce Yong

MacPherson

Zentangle (Int.) 17 May (Fri) 2pm-4pm by Adeline Ho
Watercolour Floral Brush Lettering 25 May (Sat) 10am-12.40pm by Kathleen Wah
Adventure in Craft Making 27 May (Mon) 10am-12pm by Jayce Yong
Watercolour Painting (Int.) 27 May (Mon) 2.30pm-5.10pm by Sher Ley
Art of Planting 4 Jun (Tue) 2pm-5.15pm by Grace Tan
NEW Chinese Brush Painting 8 Jun (Sat) 2pm-4pm by Manlin
Pastel Art (Int.) 8 July (Mon) 10am-12pm by Ruyan

MacPherson

NEW Pen Ink Drawing 13 July (Sat) 10am-12.30pm by Xiang Ling



Tampines

Nagomi Pastel Art 20 May (Mon) 2pm-4pm by Zu Wee Ling
Art of Planting 25 May (Sat) 10am-3pm by Lau Sheow Tong
Adventure in Craft Making 28 May (Tue) 10am-12pm by Jayce Yong
Watercolor Florals (Int.) 4 Jun (Tue) 1.30pm-3.30pm by Sher Ley
Chinese Calligraphy 12 Jun (Wed) 2pm-4pm by Louis Tan
Nagomi Pastel Art 25 Jun (Tue) 10am-12pm by Ruyan
NEW Decoupage Art 28 Jun (Fri) 1pm-5pm by Doris Ho
Acrylic Painting 29 July (Mon) 2pm-4.40pm by Lee Lee Nee
Adventure in Craft Making 31 Jul (Wed) 2pm-4pm by Jayce Yong

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For most updated list, refer to <http://brahmcentre.eventbrite.com>



Mental Health & Happiness Workshop for Men



by Dr Lee Cheng, IMH & Adj. A/Prof Angie Chew
Brahm Centre Newton 1 June (Sat) 3pm-5:30pm

Newton ☎ 6610 3870
47 Scotts Road #04-02A Goldbell Towers S228233
Youth Centre @ Newton ☎ 6990 5349
47 Scotts Road #05-02 Goldbell Towers S228233

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

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

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

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



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