



BIORN CLUB

OCTOBER 2025
NEWSLETTER

Celebrating families with special needs kids!

Sign up now
for Oct club
gathering!

What Parents Say

"We always have a great time at Biorn Club events! Thank you for welcoming us. The fun warm-up, swinging dance moves, exciting games and lovely lunch together all show inclusion for everyone. A place where they can be themselves without judgement."

"My youngest son who rarely is into dance got influenced and sneaked in a few dance moves when no one was looking 🤔 Glad he tried!"

"Today is my first time joining!!! Thanks for the great time, will join again next time."

"Food time was just relaxing, a great time to be able to sit and enjoy a meal, chat with other families, and make some new friends too."

SPORTS & ORAL CARE



FREE

**AI POWERED
DENTAL SCREENING**
Sponsored by



**12 October 2025, Sunday
10am-12.30pm**

**Dewan Muafakat , Adda Heights
Johor Bahru**



Further enquiries
WhatsApp +60 11-2185 5778



LET'S MOVE

MORNING WORKOUT

Once a week
Wednesdays
10.30am - 11.30am
Biorn clubhouse

For parents
Special needs adults
* FREE *



JOIN NOW



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Christmas Theme "Recycled Runway"

Start brainstorming your ideas,
creativity, and innovations NOW!
Register by 7th November 2025
You can start working on your creation
after design approval

Individual,
Group or
Family
entry
accepted

Runway will happen during our
Christmas Fair
7th December 2025 | Sunday
10am -12.30pm
Venue : Bora Bora event hall,
Sunway Emerald Lakeside, Sunway
Iskandar Puteri, Johor



To register your interest or enquire more
WhatsApp us at +60 11-2185 5778



Sandplay Therapy

Healing beyond words

- ★ For children and adults
- ★ Safe, non-verbal expression
- ★ Helps with trauma, anxiety, grief & more
- ★ Supports emotional healing & self-growth



A gentle, creative therapy using sand, miniatures, and imagination to explore emotions that words cannot reach.

*Let your inner world speak
- one scene at a time.*



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TRANSFORMING ANGER THROUGH ART

Clay Workshop

Clay offers a powerful, hands-on approach to managing anger.

Use the healing properties of art to express what words often cannot.

Kneading, shaping, and molding clay transforms emotional turbulence into calm, focused energy.

Workshop Highlights

- A therapeutic and creative outlet for emotional expression
- Open to everyone aged 12 and above, especially beneficial for teenagers with ADHD.
- Small, supportive group setting - limited to a maximum of 4 participants for personalized attention.

*Turn anger into Art.
Heal through your hands*



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Student Spotlight

Whisking His Way to Confidence!

Clement, a high-functioning autistic young adult, has now completed 10 sessions of our Personal Development Program—and the growth we've witnessed has been truly inspiring!

In this time, we've seen steady improvements in his personal habits, his ability to pick up social cues, and his responsiveness in different activities.

A turning point came when we introduced baking into the program. Clement had learned baking in the past, but it had been a long time since he practiced it. This time, he built something new on the foundation. Through baking, Clement practices measurement, identifies ingredients, recognises utensils and learns processes like whisking, mixing, and stirring.



More recently, he has become more independent in handling mixtures and even making decisions on his own. But as always, the best part is still enjoying the cakes and pastries he creates!

What makes Clement's journey even more inspiring is his willingness to try. This has enabled him to learn many new things:

- He is learning to be more responsible when given tasks, accepting correction with humility, and redoing them with determination.
- His pace of speaking and reading has improved, allowing him to communicate in a friendlier and more confident way.

We also admire his honesty—both with himself and his work. Over time, he has moved from negative self-evaluation toward using positive words and thoughts, showing a real transformation in his outlook.



Perhaps the sweetest part is that those who have tasted Clement's bakes truly enjoy it!

In fact, we're inviting our community to place an order with a suggested contribution.

This way, Clement gains not only confidence, but also a sense of pride and accomplishment in sharing the fruit of his labour with others.

It's not just about baking—it's about building confidence, developing important life skills, and discovering the joy of learning.

Clement's progress is a reminder of how much potential lies within each person when they are nurtured with creativity, care, and encouragement.



**To find out more
about our Personal
Development
Program, or to place
an order for
Clement's bakes,
contact Rachel @
011-21855778**

Testimony from Clement's parents

"We have observed remarkable progress in Clement.

> He has grown into a more focused and attentive individual, showing the ability to **listen carefully and respond** when questioned.

> He is now **more open to changes**, willing to accept correction with a positive attitude, and **increasingly confident** in himself.

> He has also become **more willing to lend a hand** when asked, showing kindness and responsibility in his interactions.

> His cheerful attitude has made him **a happier person overall**, and we are encouraged by how **responsive and engaged** he has become with those around him.

Clement looks forward to the Biorn Club activities with eagerness, especially baking, which he enjoys tremendously.



While there are still areas for further development, we are confident that with continued participation in this programme, Clement will continue to achieve greater growth and maturity.

His journey so far has already shown us how much he is capable of, and we look forward to seeing even more positive changes ahead." - Clement's parents

Coffee mornings

Concerned about your children's growth & progress? Come schedule a chat with a certified therapist to air your concerns, and identify solutions for your children's & family well-being

What to expect ?

- session is conducted as a 1-1 session or as a small group of 2-4 persons.
- conducted by a certified therapist
- each session will be 30-45 minutes
- If you need more time, you can choose to book 2 sessions on the same day, depending on availability

Further enquiry
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BAKING CLASS



DIY - Bake a cake/cookies/egg tart/cupcakes

Personal coaching

Explore baking as a vocational skill

FUN learning
develop hands-on skills
improve communication, confidence & independence



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Inclusive Taekwondo

- we welcome all special needs children aged 6-18 years old
- siblings who are non-special needs are welcome to join too.



Training venue :
Biorn Clubhouse,
Sunway Citrine Hub, Johor Bahru.
Training time :
1 session per week
*purchase of taekwondo uniform is required.



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Building Emotional Resilience

BUILDING BOUNDARIES
AGAINST BULLYING

How to calm emotions?
How to protect personal boundaries?
Stand with confidence against bullying .

Once a week
1.5 - 2 hours per session
5 lessons to complete
Individual coaching



Further enquiries | WhatsApp +60 11-2185 5778





FITNESS DANCE

September Report

Smiles, Music & Movement

It was Biorn Club Sunday again, and so we made our way to Bora Bora @ Sunway Iskandar for the month's theme: Fitness Dance!

The children wasted no time rushing into the hall. They ran to find their friends, laughing and playing while exploring the spacious venue.

Parents, too, took the chance to relax a little, getting to know one another—especially those new to Biorn Club.



Double the Fun

When called to gather for warm-up, the children eagerly dashed to the stage, ready to join in the exercises. The Animal Tabata workout was a big hit! Everyone—kids and adults alike—did their best to mimic animal movements. It was so much fun that we did it twice!

Next up were the games: The classic limbo dance proved a tough challenge, but that didn't stop anyone from giving it a go. Then came Find a Friend, a game based on the simple yet heartwarming gesture of joining hands with someone new.

The highlight, though, was definitely musical chairs—set to the ever-lively Oppa Gangnam Style! Parents and children circled the chairs together, the stakes rising with every chair removed. Cheers, laughter and pure joy filled the hall.



Unstoppable!

Finally, we moved on to our main event: Fitness Dance! When Waka Waka (This Time for Africa) played, the energy was unstoppable. Everyone moved to the rhythm, some dancing confidently, others just letting loose. But it wasn't about perfect moves—it was about joy, togetherness, and celebrating a community that uplifts one another in our life journeys.

Each Biorn Sunday reminds us of the joy of coming together—to connect, share, and grow as one big family. We can't wait to see you again next month for another round of fun, friendship, and community spirit!



A Special Thank You

This unforgettable day would not have been possible without the tremendous generosity of Bora Bora @ Sunway Iskandar. Their sponsorship gave us access to the beautiful, spacious ballroom, and their kindness turned the day into something truly special.

A heartfelt thank you also goes to the amazing Bora Bora @ Sunway Iskandar team, led by Ethan and Nelson, who came early to set up the hall and prepared delicious food for us. While the meals were provided within a set budget, their effort, care, and creativity made it feel like a true feast, filled with generosity and love.



Your generosity is more than support; it is a powerful statement of belief in building an inclusive, caring community. We are deeply grateful for your partnership and kindness.

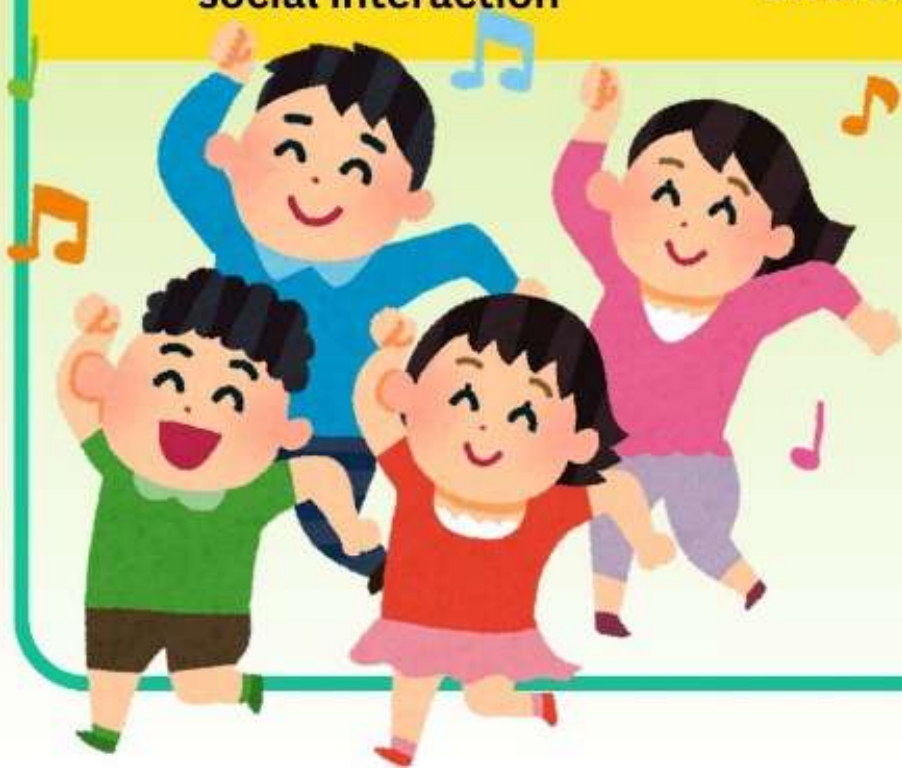


Let's
Move &
Sing!

Join us!

MUSIC & MOVEMENT

- 12 sessions
- 50 mins per session
- Special needs children
- Interactive hands-on activities
- Boost self confidence and expression
- Improve rhythm, imitation skills, and social interaction
- Enhance physical coordination and body awareness



FURTHER ENQUIRY
WHATSAPP +60 11-2185 5778





Biorn Club:

Where every child & parent feels valued and celebrated!

- We are a supportive and inclusive community for families with special needs.
- We understand what it's like to live with loved ones with special needs. ***We are special too!***
- ***Our goal is*** to create a place where:
 - Every child feels loved
 - Every parent feels supported, and
 - Everyone finds a true sense of belonging.

Considering being a sponsor?

Contact Rachel
(+60 11-2185-5778)
for details, or scan
QR code:



Our Mission:

- ***To provide*** children with special needs a space where they truly belong, and
- ***To empower*** parents by sharing experiences, resources & encouragement.



COME JOIN US as a...

✓ **A Sponsor** ✓ **A Volunteer**

We are looking for sponsors (personal and corporate), so we can keep this monthly gathering affordable for all interested families.

Would you consider:

- ✓ Sponsoring a gathering (food and/or venue), or
- ✓ Sponsoring a low-income family to attend?