



BIORN CLUB

SEPTEMBER 2025
NEWSLETTER

Celebrating families with special needs kids!

Sign up now
for Sep club
gathering!

Our Programs

Life Skills

- Baking

Socio-Emotional Skills *(available for parents too!)*

- Emotional Resilience: Building Boundaries Against Bullying
- Music & Movement
- Therapy
 - Clay Therapy: Transforming Anger through Art
 - Sandplay Therapy: Healing beyond Words

Physical Skills

- Self-Defence
- Taekwondo

For Parents & Caregivers

- Coffee Mornings
- P.L.A.Y. For Parents



THIS SEPTEMBER

FITNESS DANCE

21 SEPTEMBER 2025

10am-12.30pm

Bora Bora

Sunway Iskandar Puteri

Tabata

Movement Games

Dance

Connect & brunch



JOIN NOW



Further enquiries | WhatsApp +60 11-2185 5778

Self Defence Class



Building Boundaries Against Bullying

Developing confidence

Physical self defence tips
Safety tips
How to protect yourself physically

15 - 17 Sept 2025
3 sessions over 3 days
1 hour each session
small group class
max - 4 in a class



Further enquiries | WhatsApp +60 11-2185 5778

HOLIDAY BAKING CLASS



DIY - Bake a cake

Explore baking as a vocational skill

Personal coaching
OR
2 in a group coaching

class dates :
12 & 13 Sept 2025
18, 19 & 20 Sept 2025



Further enquiries
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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



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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.*



Further enquiries



August Report

Celebrating Merdeka Day at Biorn Club

Every year on 31 August, Malaysians of every creed and colour come together to celebrate Merdeka Day—the day our nation proudly proclaimed independence in 1957.

To make the day extra special, Biorn Club had our very own celebration! We held a Drawing and Colouring Contest with the theme "I Love Malaysia."



An Exciting Challenge

Participants could either design their own artwork or complete a colouring sheet.

Some people might think colouring is too easy—but for many neurodivergent children, even completing a page is an exciting challenge and a big achievement. We were so proud to see their efforts!



A Lightbulb Moment

Those who chose free drawing had to decide what to create. After a short pause, it was as if they had a “lightbulb moment”—the idea came alive in their mind. Slowly and patiently, they sketched outlines and carefully filled them with bright, beautiful colours. Their artworks turned out amazing!



Meanwhile, the younger kids brought just as much energy and creativity. Instead of just colouring on paper, they used their handprints, painting their hands in rainbow colours and stamping them onto a giant sheet.

That's the beauty of it —it was messy, colourful, and full of laughter. Sometimes the best art is the fun we have in making it!

Wow... Making a *Wau*!

Next, children and parents teamed up to try something truly special—building their very own traditional Malaysian kite (*wau*)!

With bamboo sticks, glue, oil paper, and rubber bands, they carefully pieced everything together. It definitely tested their patience, but with determination, each child proudly held up their very own *wau*. What a fantastic sight!





Traditional Games

Of course, a Merdeka celebration wouldn't be complete without our traditional games. Parents were excited to relive their childhood through games like Capteh and Batu Seremban (Five Stones).

Some children were learning them for the very first time. There was laughter, sharing of tips, and lots of playful moments. More than just games, it was a beautiful bridge connecting two generations—parents passing down their memories, while children created new ones of their own.

Sing, Sing a Song

The day ended on a high note with singing and dancing. Together with parents and teachers, everyone waved the national flag proudly, with smiles and the spirit of unity.

Whether neurotypical or neurodivergent, we all stood together as one, shouting: "We are Anak Malaysia!" 🇲🇾



A Special Thank You

We would like to thank Bridging Mind Academy for generously allowing us to use their facilities. Your kind support and help made it possible for our community to enjoy a meaningful and joyful event together.



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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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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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.



Further enquiries
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Play, relax, take a break and connect with other parents
Laugh ! Share the joy...Laughter best medicine
Air it out ! Vent, cry, chat....and more
you matter !

- *Limited to 8 pax only
- *Exclusive for parents who have joined our activities/programmes at least 2 times.
- *Pay at your free will.





Introducing our Special Needs Taekwondo Master - James Choi

We are proud to introduce Master James Choi, the dedicated instructor behind our Special Needs Taekwondo program.

Master James currently serves as the **Chairman of the Johor Bahru Branch of the Korea Taekwondo Association** in Malaysia (2025).

He holds a **Level 5 Black Belt Certificate** from Kukkiwon in 2024. Passionate about inclusive martial arts, he completed the **Level 3 Disabled Taekwondo Master Qualifying Course** at Kukkiwon's International Taekwondo Academy in 2025, as well as the **Level 3 International Taekwondo Master Qualifying Course** in 2020.

Before moving to Malaysia, Master James taught Taekwondo for several years at a private school in South Korea, where he successfully trained over 80 students to achieve black belt status.

With his deep expertise, international certification, and heartfelt commitment to empowering every learner, Master James brings both skill and compassion to every session he leads.

Join our Special Needs Taekwondo Class!

We offer both 1-on-1 sessions and small group classes (3 students max), providing a focused and supportive learning environment tailored to each child's needs.

Classes are available on Tuesday to Friday afternoons, at Biorn Club. To ensure accessibility for all families, we keep our programs affordable.

Contact Rachel at 011-2185 5778.



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
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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?