

NEAMI JOONDALUP

Community-based mental health service - April 2026

NEAMI JOONDALUP | U1, 20 Mercer Lane
P: 08 9301 1227



GROUPS

Monday:

Community Engagement

Tuesday:

Sound Healing

Wednesday:

Step and Connect Wellbeing

Thursday:

Art

Friday:

Creative Writing

SPECIAL EVENTS

Financial Workshop 10/3

Malaga Market 13/3

STEP AND CONNECT WELLBEING

Join us for Step & Connect, a gentle movement & wellbeing group designed to support physical health, social connection, and emotional wellbeing. Through light walking, mindful movement, & shared conversation, participants can build confidence, increase daily activity, and strengthen their sense of connection in a relaxed & supportive environment. This group encourages positive routines, enhances mood, and promotes overall wellbeing through accessible activities and psychosocial support.

When: Wed 10am-12pm

Where: Neami Office

SOUND HEALING

A sound healing session is a therapeutic experience where participants are immersed in soothing sounds and vibrations. Using instruments like singing bowls, chimes, and rain sticks, to create a soundscape designed to promote relaxation, reduce stress, and enhance overall well-being. The gentle, resonant tones help to balance the body's energy, clear the mind, and foster a deep sense of peace and tranquillity. Sound Healing sessions offer a unique and comprehensive approach to wellness

Note: No group on 14th April due to staff training.

When: Tues 10am-12pm

Where: Neami Office

COMMUNITY ENGAGEMENT

Join us for our Community Engagement Group, where participants can build confidence, strengthen social connections, and explore local community spaces in a supportive and welcoming environment. This group encourages meaningful participation, improves communication and social skills, and promotes overall wellbeing through shared activities and gentle psychosocial support. It's a great opportunity to get involved, meet others, and feel more connected to your community.

When: Mon 20th 10am-12pm

Where: Neami Office

ART

Join us for a relaxed and creative Art Group where participants can explore different art materials, express themselves, and build confidence through supported creativity. This group encourages mindfulness, emotional expression, and social connection in a calm, welcoming environment. No art experience is needed just to come along, enjoy the process, and strengthen your wellbeing through gentle psychosocial support and shared creative activity.

When: Thurs 10-12pm

Where: Neami Office

CREATIVE WRITING

Join us for a warm and welcoming Creative Writing Group where participants can explore storytelling, journalling, poetry, and self-expression in a supportive space. This group encourages creativity, builds confidence, and promotes emotional wellbeing through gentle writing activities and shared reflection. No writing experience is needed, just bring your ideas, try something new, and enjoy connecting with others through the power of words.

When: Fri 10am-12pm

Where: Neami Office

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EVENTS

OP Shopping Clarkson 13th April 10am—12pm

Join us for an Op Shop outing that provides a relaxed and supportive way to build confidence, practice budgeting and decision-making, and connect with others in the community. Through browsing, social interaction, and shared activity, participants can strengthen practical life skills, enhance social connection, and boost overall wellbeing within a gentle psychosocial support environment that encourages independence and personal growth.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Step and Connect Wellbeing	2 ART	3 PUBLIC HOLIDAY NO GROUPS
6 PUBLIC HOLIDAY NO GROUPS	7 Sound Healing	8 Step and Connect Wellbeing	9 ART	10 Creative Writing
13 Op Shopping	14 Sound Healing	15 Step and Connect Wellbeing	16 ART	17 Creative Writing
20 Community Engagement	21 Sound Healing	22 Step and Connect Wellbeing	23 ART	24 Creative Writing
27 PUBLIC HOLIDAY NO GROUPS	28 Sound Healing	29 Step and Connect Wellbeing	30 ART	