

NEAMI JOONDALUP

Community-based mental health service - August 2025

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



GROUPS

Monday:

Sound Healing & Meditation

Tuesday:

Coffee and Community Access

Wednesday:

Menopause group

Thursday:

Art and Craft

Friday:

TaiChi

SPECIAL EVENTS

Zone Bowling 1/8

Old Central Fire Station 13/8

Wear it Purple day 29/8

Recovery College 8/8 & 18/8

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 tranquility. Sound Healing sessions offer a unique and comprehensive approach to wellness.

When: Mon 10am-12pm

Expect third week

Where: Neami Office

COFFEE & COMMUNITY ACCESS

A group to explore communication and enjoy stepping into life outside of our comfort zones with like-minded ones in a safe space, discussing various topics- Empowering healthy boundaries, Voicing personal opinions and Speaking up for your self.

When: Tues 10am-12pm

Where: Various Dome cafes



MENOPAUSE

Join our Menopause Support Group—a safe, welcoming space to share experiences, ask questions, and connect with others going through similar changes. Whether you're seeking advice or simply want to feel understood, you're not alone. Let's navigate this journey together with care and support.

When: Wed 10-12pm

Where: Neami Office



ART GROUP

This month, we'll explore the exciting world of drawing and painting. You'll enjoy fun activities materials. We'll learn key techniques like mark making shading, blending, color mixing, and composition. These will boost your confidence and creativity. Art will help with self-expression, skill building, and emotional well-being. Through reflection, hands on learning and journalling, you'll develop important skills and coping strategies, we start with shapes, basic drawing, collage techniques and an intro to painting.

When: Thurs 10-12pm

Where: Neami Office

EMERGENCY NUMBERS

Emergency Services - 000

Mental Health Emergency Response Line (MHERL) - 1300 555 788

Crisis Care - 08 9223 1111

Lifeline - 13 11 14

Samaritans - 1800 198 313

Beyond Blue - 1300 224 636

CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm
Phone 9301 1227

Joondalup@neaminational.org.au

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TAICHI

Join the Tai Chi Wellness program—an empowering pathway to improve mental and physical wellbeing. This gentle, flowing practice promotes relaxation, confidence, and inner strength. Ideal for individuals experiencing mental health challenges, the program offers a calm, inclusive space to reduce stress, build resilience, and reconnect with your body and mind

When: Fri 1pm-2.30pm

Where: Sudbury Community House, 28 Chesterfield Rd, Mirrabooka WA 6061



YOU'RE INVITED TO TWO FREE WORKSHOPS !

Hosted by Joondalup Recovery College

Workshop 1: Our thoughts and Words Create Our World
Explore how the way we think and speak can shape our experiences, outlook and wellbeing. This interactive session focuses on the power of language and mindset in everyday life.

When: Monday 18th August
10am-12.30pm

Workshop 2: Soaking Up the Good

Learn simple tools to slow down and fully experience the positive moments in life, this session helps you build resilience and strengthen emotional wellbeing through mindful awareness.

When: Friday 8th August
10am-12.30pm

If you are interested in attending please let your support worker know as registration is required by the end of July.

Where: Neami Office

ABOUT NEAMI NATIONAL

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

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SPECIAL EVENTS

Zone Bowling 1 August 10am-12pm

Join us for a fun and engaging bowling session at **Zone Bowling Joondalup**. This event offers a great opportunity to unwind, connect with others, and enjoy a friendly game in a relaxed setting. Whether you're a seasoned bowler or trying it for the first time, all are welcome!

Cost: \$17.90 per game

Visit Old Central Fire Station 13 August 10am-12pm

Join us for a fun and informative visit to the old Central Fire station to explore the history of firefighting, see vintage fire trucks and learn about how fire services have changed over the years. It is a great opportunity to get out and connect with others.

Wear it Purple Day 29 August

Join Us for Wear It Purple Day! Show your support for LGBTQIA+ youth by wearing purple and standing for inclusion, diversity and love. Every voice matters, your included. Let's make a difference together! #WearItPurple

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tai Chi
4 Sound Healing & Meditation	5 Coffee & Community Access	6 Menopause	7 Art Group	8 Soaking up the good (WARCA) Tai Chi
11 Sound Healing & Meditation	12 Coffee & Community Access	13 Visit Old Central Fire Station	14 Art Group	15 Tai Chi
18 Our Thoughts & words create our worlds (WARCA)	19 Coffee & Community Access	20 Menopause	21 Art Group	22 Tai Chi
25 Sound Healing & Meditation	26 Coffee & Community Access	27 Menopause	28 Art Group	29 Wear it Purple Day Tai Chi