

NEAMI JOONDALUP

Community-based mental health service - August & September 2026

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



GROUPS

Monday:

Sound Healing

Wednesday:

Art

Thursday:

Psychoeducational Group

Special Events:

Bowling 28th August

Dome Joondalup 25th September

SOUND HEALING

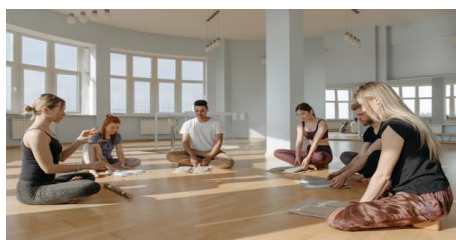
Take a moment to pause, breathe, and reset.

Experience the calming power of sound through soothing vibrations and gentle tones designed to support relaxation and wellbeing.

A peaceful space to unwind, recharge, and reconnect with yourself.

No experience needed simply come as you are., soften your stress response, heal your attention, and brighten your mood

When: Mon 10am-12pm



CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm
Phone 9301 1227
Joondalup@neaminational.org.au



ART

Explore creativity through movement, expression, and imagination. This relaxed art session invites you to sketch and experiment with drawing the body in motion in a fun and supportive environment.

No artistic experience required, just curiosity and a willingness to have a go.

Celebrate creativity, self-expression, and connection.

When: Thurs 1-3pm

Where: Neami Office



PSYCHOEDUCATIONAL GROUP

Join us for a practical and engaging **Support Your Nervous System Group**. This session will explore how the nervous system responds to stress and the important role it plays in our mental, emotional, and physical wellbeing. Participants will learn about common signs of nervous system dysregulation and discover simple, effective techniques to help the body and mind feel calmer, more balanced, and resilient. Strategies may include grounding exercises, mindful breathing, movement, relaxation techniques, and other self-care practices that can be incorporated into everyday life.

When: Thurs 10am-12pm

Where: Neami Office

To Do List

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- _____
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- _____
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Monthly Goals

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Notes

AFFIRMATIONS