

NEAMI JOONDALUP

Community-based mental health service - December 2025

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



GROUPS

Monday:

Sound Healing

Tuesday:

Community Engagement

Wednesday:

Art

Thursday:

Art and Craft

Friday:

Creative Writing

SPECIAL EVENTS

Sizzle and Connect 25/11

COMMUNITY ENGAGEMENT

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 Empowerment, Values in action, voicing personal opinions and speaking up for yourself, Goals for 2026.

When: Tues 10am-12pm

Where: Neami Office

CREATIVE COMMUNITY CONNECTION

Join us for the Creative Community Connection event. This is a great opportunity to come together, share ideas, and connect with others in a supportive and inspiring space. We'll be talking with our consumers about ways to stay connected, express creativity, and build stronger community ties. Whether you're looking to meet new people, explore creative interests, or just have a chat, we'd love to see you there!

When: Thurs 11th 10-12pm

Where: Neami Office

ART GROUP

This holiday season, join our art group for a festive, hands-on session. Design and craft unique Christmas ornaments and personalized cards using a variety of materials and techniques. It's a fun, relaxing way to explore your artistic side, share ideas, and create heartfelt decorations to make the season extra special

When: Thurs 10am-12pm

Where: Neami Office

SOUND HEALING & MEDITATION

Join us for a calming group session focused on relaxation and inner balance through sound healing and guided meditation. This supportive space encourages self-awareness, emotional grounding, and stress relief using therapeutic sounds and mindful breathing techniques.

When: Mon 10am-12pm

Where: Neami Office



CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm

Phone 9301 1227

Joondalup@neaminational.org.au

www.neaminational.org.au

CREATIVE WRITING

Join us for the creative writing group, bring out your inner writer and get your creative juices flowing. Don't worry if you can't think of anything to write because we have loads of prompts to get you started. Bring along your favorite notebook

When: Fri 10am-12pm

Where: Neami Office

VISION BOARD & GOAL SETTING FOR 2026

Start the new year with clarity and inspiration! Join us for a creative and empowering session where you'll design your own **vision board** and set meaningful goals for 2026.

This is a great opportunity to reflect on your dreams, focus on what matters most, and turn your ideas into action all in a supportive and relaxed environment.

Materials provided, just bring your enthusiasm!

When: 18th 10-12pm

Where: Neami Office

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EVENTS

OP Shop Day 4th December 10am-12pm—Good Sammy Wanneroo

Join in for a drive to the local op shops around the local area and find yourself some bargains for the coming summer and festive season! Please book your seat early as spots are limited 6 max

End of Year Celebration 17th December 11am-2pm Neami Office

We're excited to invite you to our **End of Year Celebration!** This is a chance to come together, celebrate our achievements, and enjoy some fun activities in a relaxed and friendly environment. There will be food, music, and great company, a perfect way to wrap up the year and look forward to the next.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sound Healing	2 Community En- gagement peppermint Green	3 Art	4 Op Shop Day	5 Creative Writing
8 Sound Healing	9 Community En- gagement Dome Currambine	10 Art	11 Creative Community Connection	12 Creative Writing
15 Sound Healing	16 Community En- gagement Jamaica Blue Joondalup	17 End of Year Cele- bration	18 Vision Boards & Goal Setting 2026 Office Closed from 12pm	19 Creative Writing
22 Sound Healing	23 Community En- gagement Dome Butler	24 Art	25 Closed Public Holiday	26 Closed Public Holiday
29 Sound Healing	30 Community En- gagement Leapfrog Wan- neroo	31 Art	1 Closed Public Holiday	