

# NEAMI JOONDALUP

## Community-based mental health service - February 2026

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



### GROUPS

#### Monday:

Sound Healing

#### Tuesday:

Nourish

#### Wednesday:

Art

#### Thursday:

Rhythm 2 Recovery

#### Friday:

Board Games

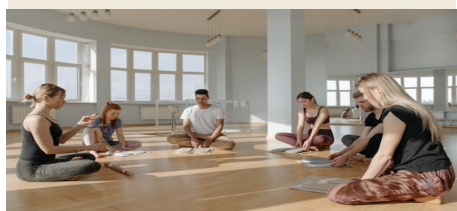
### SPECIAL EVENTS

Financial Workshop 3/2  
State Art Gallery 18/2

### 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

### NOURISH

Join us for a fun and supportive cooking group where we learn simple, nourishing recipes together. We'll be cooking almond scones, high protein avocado bread and air fryer pizza. Please register with your key worker and advise of any allergies prior to attending

**When:** Tues 10am-12pm  
**Where:** Neami Office

### ART GROUP

Join us for a creative journey where we explore the mood-boosting and calming benefits of neurographic art. Together, we'll experiment with expressive lines, shapes, and colour to create a unique final piece that supports relaxation, emotional expression, and mindful focus. To wrap up our art block, we'll finish with some inspiration out in the community — a visit to the State Art Gallery on the 18th of February! Come along, get creative, and discover how art can lift your mood and transform your wellbeing.

**When:** Wed 10am-12pm  
**Where:** Neami Office

### RHYTHM 2 RECOVERY

A fun and therapeutic program that uses the healing power of rhythm to support human development. Rhythmic reflective activities designed to engage participants in a friendly learning experience and delivers concrete developmental outcomes. It provides a safe and relaxed learning environment by emphasizing simplicity, predictability, accessibility and empowerment. The music is powerful and the sessions are fun and promote trust and respect. The themes explored may be serious but the overriding emphasis is on the pleasure of playing music together, now and as an ongoing recreational activity.

**When:** Thurs 10-12pm  
**Where:** Neami Office

### BOARD GAMES

Board games build connection, confidence, and communication in a fun, low-pressure environment. They support emotional regulation, problem-solving, teamwork, and healthy social interaction. Playing together strengthens relationships, reduces isolation, and encourages positive coping skills — all while having a good time.

**When:** Fri 10-12pm  
**Where:** Neami Office

# NEAMI JOONDALUP

## Community-based mental health service - February 2026



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

### EVENTS

#### Financial Workshop 3rd February 10am-12pm

Financial counsellor, Susan Goodwin from Uniting WA will be visiting Neami to run a workshop about managing your finances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sound Healing	3 Financial Work- shop Uniting WA	4 Art	5 Rhythm 2 Recovery	6 Board Games
9 Sound Healing	10 Nourish	11 Art	12 Rhythm 2 Recovery	13 Board Games
16 Sound Healing	17 Nourish	18 State Art Gallery	19 Rhythm 2 Recovery	20 Board Games
23 Sound Healing	24 Nourish	25 Art	26 Rhythm 2 Recovery	27 Board Games