

NEAMI JOONDALUP

Community-based mental health service - January 2026

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



GROUPS

Monday:

Sound Healing

Tuesday:

Community Engagement

Wednesday:

Art

Thursday:

Relationships & Communication

Friday:

Flourish

SPECIAL EVENTS

Sizzle and Connect 09/01

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: Various Locations

ART GROUP

This month we will be creating Diorama's in the form of a yellow brick road heading towards your future and what that looks like for us as individuals

When: Wed 10am-12pm

Where: Neami Office

FLOURISH

Join us for the Flourish group, a 4 week program working on our strengths, values, grounding and hope

When: Fri 10-12pm

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.

RELATIONSHIPS & COMMUNICATION

Building and Maintaining Healthy Relationships:

Identify the qualities of healthy relationships and develop strategies for maintaining trust and respect within different types of relationships.

Attachment Styles:

Learn about attachment styles and how this may be relevant to your relationships and communication.

Foundations of healthy communication:

Developing an understanding of the role of communication in relationships and identifying barriers to communication. Learn skills of healthy communication.

Managing Conflict and Assertive communication:

Learn the skill of constructive conflict resolution and develop an understanding of your conflict triggers and responses. Learn the importance of assertive communication and practice this skill in a safe environment.

When: Thurs 10am-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

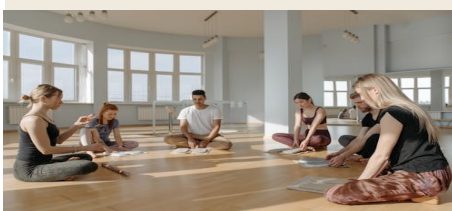
Samaritans - 1800 198 313

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

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EVENTS

Sausage Sizzle 9th January 12pm-2pm Neil Hawkins Park

Come and enjoy some connection with your peers and have a Snag and Chat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NO GROUPS PUBLIC HOLIDAY	2 Flourish
5 Sound Healing	6 Community Engagement Dome Currambine	7 Art & Craft	8 Relationships & Communication	9 Sausage Sizzle
12 Sound Healing	13 Community Engagement Jamaica Blue Joondalup	14 Art & Craft	15 Relationships & Communication	16 Flourish
19 Sound Healing	20 Community Engagement Dome Butler	21 Art & Craft	22 Relationships & Communication	23 Flourish
26 NO GROUPS PUBLIC HOLIDAY	27 Community Engagement Leapfrog Wanneroo	28 Art & Craft	29 Relationships & Communication	30 Flourish