

# 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



### CONTACT NEAMI

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

Phone 9301 1227

Joondalup@neaminational.org.au

[www.neaminational.org.au](http://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