

NEAMI JOONDALUP

Community-based mental health service - July 2025

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



GROUPS

Monday:

Sound Healing

Tuesday:

Coffee and Community Access

Wednesday:

ClayMake Studio

Rhythm to Recovery

Thursday:

Art and Craft

Creative Writing

Friday:

Aspire

TaiChi

SPECIAL EVENTS

Possum Rose Art Exhibition
14/7

Movie Day 15/7

SOUND HEALING

A sound healing session is a therapeutic experience where participants are immersed in soothing sounds and vibrations. Using instruments like singing bowls, chimes, and rain sticks, to create a soundscape designed to promote relaxation, reduce stress, and enhance overall well-being. The gentle, resonant tones help to balance the body's energy, clear the mind, and foster a deep sense of peace and tranquility. Sound Healing sessions offer a unique and comprehensive approach to wellness.

When: Mon 10am-12pm
7th, 21st & 28th

Where: Neami Office

COFFEE & COMMUNITY ACCESS

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- Empowering healthy boundaries, Voicing personal opinions and Speaking up for your self.

When: Tues 10am-12pm
1st, 8th, 22nd & 29th

Where: Various Dome cafes



CLAYMAKE STUDIO

Continue on for our final week of wheel throwing .

When: Wed 10-2.30pm

Where: ClayMake Studio
65 Ferguson St, Maylands



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

Beyond Blue - 1300 224 636



RHYTHM TO RECOVERY

Join the Rythm to Recovery program for healthy relationship programs, music for social and emotional development. The use of rhythmic music, drums and percussion, rhythmic movement and song, make up the experiential elements of a Rhythm2Recovery program, with exercises designed to deliver physical and psycho-social benefits whilst concurrently exploring universal life-skill themes.

Session One: Defining Healthy Relationships

Session Two: Values and Boundaries

Session three: Trust and Honesty

Session four: The balance of Power

When: Wed 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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ART GROUP

This month, we'll explore the exciting world of drawing and painting. You'll enjoy fun activities materials. We'll learn key techniques like mark making shading, blending, color mixing, and composition. These will boost your confidence and creativity. Art will help with self-expression, skill building, and emotional well-being. Through reflection, hands on learning and journalling, you'll develop important skills and coping strategies, we start with shapes, basic drawing, collage techniques and an intro to painting. Get ready to unleash your creativity!

When: Thurs 10-12pm
Where: Neami Office



CREATIVE WRITING GROUP

Join our creative writing group and unlock your imagination while developing your writing skills in a fun, supportive environment

When: Thurs 2-4pm
Where: Neami Office

ASPIRE

Join the ASPIRE Training program for New Employment Pathways. The ASPIRE training course is funded by the WA mental health commission, which will be running through COMWA at the Joondalup office. This course is designed to boost your confidence and employable skills, helping you feel ready for potential employment opportunities. Peer Workers are an essential and growing part of the disability and mental health workforce, and this training will help open new pathways for you. Aspire is an innovative program that partners people with psychosocial disabilities with employers, creating supportive environments that promote inclusive practices and build confidence for both Peer Workers and Employers.

When: Fri 10am-4pm
Where: Neami Office

TAICHI

Join the Tai Chi Wellness program—an empowering pathway to improve mental and physical wellbeing. This gentle, flowing practice promotes relaxation, confidence, and inner strength. Ideal for individuals experiencing mental health challenges, the program offers a calm, inclusive space to reduce stress, build resilience, and reconnect with your body and mind

When: Fri 1pm-2.30pm
Where: Sudbury Community House, 28 Chesterfield Rd, Mirrabooka WA 6061



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.

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SPECIAL EVENTS

Possum Rose Art Exhibition 14th July 10am-12pm

Join us for the Art Exhibition. Possum Rose is a Western Australian Indigenous artist whose work is deeply inspired by the natural world. Her art reflects the intricate patterns, vibrant colours, and raw beauty of Mother Earth, capturing the essence of her ancestral lands along the central coast of Western Australia. Through her creations, she aims to honour the enduring spirit of her ancestors and the resilience of human experience

Creative Edge Art Collective, Shop 2/21 Joondalup Drive, Edgewater WA 6026

Movie Day 15th July 12pm-3pm Hoyts Currambine

Join us for a special screening of the film *How to Train Your Dragon*.

This movie tells the inspiring story of a young Viking named Hiccup who defies tradition by forming an unlikely friendship with a dragon. Through heartfelt narrative, the film explores themes of courage, understanding, and the power of connection. This film is packed with stunning visuals, humor, and a powerful message about embracing differences.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Coffee Catchup— Dome Wanneroo	2 ClayMake Studio	3 Art Creative Writing	4 Aspire Tai-Chi
7 Sound Healing	8 Coffee Catchup— Dome Banksia Grove	9 Rhythm to Recov- ery	10 Art Creative Writing	11 Aspire Tai-Chi
14 Possum Rose Art Exhibition	15 Movie Day	16 Rhythm to Recov- ery	17 Art Creative Writing	18 Aspire Tai-Chi
21 Sound Healing	22 Coffee Catchup— Dome Currambine	23 Rhythm to Recov- ery	24 Art Creative Writing	25 Aspire Tai-Chi
28 Sound Healing	29 Coffee Catchup— Dome Butler	30 Rhythm to Recov- ery	31 Art Creative Writing	1 Zone Bowling