

NEAMI JOONDALUP

Community-based mental health service - July 2026

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



GROUPS

Monday:

Sound Healing

Wednesday:

Art

Thursday:

Origami

SPECIAL EVENTS

NAIDOC Celebration 10/7

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 tranquillity. Sound Healing sessions offer a unique and comprehensive approach to wellness

When: Mon 10am-12pm

Where: Neami Office



CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm
Phone 9301 1227
Joondalup@neaminational.org.au

ART

Explore creativity through movement, expression, and imagination. This relaxed art session invites you to sketch and experiment with drawing the body in motion in a fun and supportive environment. No artistic experience required, just curiosity and a willingness to have a go. Celebrate creativity, self-expression, and connection.

When: Thurs 1-3pm

Where: Neami Office

ORIGAMI

Discover the calming and creative art of paper folding. Learn how a simple piece of paper can transform into beautiful shapes and designs through mindfulness, patience, and play. A gentle, hands-on activity that encourages focus, relaxation, and creativity. Perfect for beginners and experienced creators alike.

When: Thurs 2nd and 9th 10am-12pm

Where: Neami Office

TED TALK

Join us for an inspiring TED Talk exploring the powerful connection between movement, mental health, and wellbeing. Discover how exercise can positively impact anxiety, depression, mood, and overall resilience. Followed by a relaxed group discussion and reflection. An opportunity to learn, connect, and feel encouraged.

When: Thurs 16th & 23rd 10am-12pm

Where: Neami Office

SLEEP HYGIENE

Sleep plays an important role in both physical and emotional wellbeing. Join us to explore practical strategies and everyday habits that can support healthier sleep and improved energy. Small changes can make a meaningful difference.

When: Thurs 30th 10am-12pm

Where: Neami Office

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EVENTS

NAIDOC Celebration 10th July 10am-2pm Merriwa Community Centre

Join us as we come together to celebrate culture, community, connection, and storytelling during NAIDOC Week. Enjoy a welcoming and inclusive event filled with opportunities to learn, reflect, and celebrate Aboriginal and Torres Strait Islander histories, cultures, and achievements. Everyone is welcome to share in this meaningful community celebration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Art	2 Origami	3
6 Sound Healing	7	8 Art	9 Origami	10 NAIDOC Celebration Merriwa Community Centre
13 Sound Healing	14	15 Art	16 Ted Talk	17
20 Sound Healing	21	22 Art	23 Ted Talk	24
27 Sound Healing	28	29 Art	30 Sleep Hygeine	31