

# NEAMI JOONDALUP

## Community-based mental health service - June 2025

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



### GROUPS

#### Monday:

NESS Program  
DBT Skills

#### Tuesday:

Coffee and Community Access  
Breath Work/ Meditation

#### Wednesday:

ClayMake Studio

#### Thursday:

Art and Craft

#### Friday:

Creative Writing

### SPECIAL EVENTS

Op Shopping 23/6

Sound Healing 30/6

Reconciliation Celebration 3/6

### NESS PROGRAM

NESS empowers participants to build confidence, resilience, and essential employment skills. Through interactive workshops and self-paced online learning. NESS equips individuals with strategies to manage mental health while navigating the workforce. Our dynamic, conversational, and low pressure group workshops offer a supportive environment for participants to explore and enhance their skills and mental well-being, offering recovery-oriented coaching and support from facilitators. Please note no group for first week of May

Please note only running 9th, 16th & 23rd June

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

### DBT SKILLS

Learn and practice DBT skills to improve emotional regulation, interpersonal effectiveness, distress tolerance and mindfulness.

Please note only running 9th & 16th June

**When:** Mon 12.30pm-2.30pm  
**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  
**Where:** Various Dome cafes

### 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



### BREATHWORK/ MEDITATION

Join Neami's meditation and relaxation group, where we will guide you in grounding techniques, aimed at supporting your mental and emotional well-being. The combination of breathwork and meditation are designed to encourage relaxation and reduce stress. The group is led by an external instructor.

**When:** Tues 12.30– 1.30pm  
**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.

### CONTACT NEAMI

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



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### CLAYMAKE STUDIO Wheel Throwing

Learning to throw is very satisfying and many think of it as Meditation. There is great joy in shaping soft clay and transforming it into a functional object that you can use everyday. Here you will learn various making techniques as well as glazing and decorating ones.

This is a 5 week course. The workshop is 11am-2pm. If travel required meet at Joondalup office at 10am

Cost is \$10 per person and covers the 5 weeks

**When:** Wed 10-2.30pm  
**Where:** ClayMake Studio  
65 Ferguson St, Maylands



### ART GROUP

This month, we'll explore the exciting world of drawing and painting. You'll enjoy fun activities and creative materials. We'll learn key techniques like mark making, shading, blending, colour 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 journaling, 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:** Fri 2-4pm  
**Where:** Neami Office

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### SPECIAL EVENTS

#### Reconciliation Celebration 3.6.25 10am-12pm

A celebration, we will be drinking bush tea, and enjoying freshly made damper, and having a yarn. Join in and wear something Black, Yellow or Red.

#### Op Shopping 23.6.25 12pm-2pm

Join in for a drive to the local op shops around the local area and find yourself some bargains for the coming winter chill! Please book your seat early as spots are limited 6 MAX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO GROUPS PUBLIC HOLIDAY	3 Reconciliation Celebration Breathwork/ Medi- tation	4 ClayMake Studio	5 Art and Craft	6 Creative Writing
9 NESS Program DBT Skills	10 Coffee in the com- munity Breathwork/ Medi- tation	11 ClayMake Studio	12 Art and Craft	13 Creative Writing
16 NESS Program DBT Skills	17 Coffee in the com- munity Breathwork/ Medi- tation	18 ClayMake Studio	19 Art and Craft	20 Creative Writing
23 NESS Program Op Shopping 12- 2pm	24 Coffee in the com- munity	25 ClayMake Studio	26 Art and Craft	27 Creative Writing
30 Sound Healing 10- 12pm				