

NEAMI JOONDALUP

Community-based mental health service - March 2026

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



GROUPS

Monday:

Sound Healing

Tuesday:

Yoga

Wednesday:

Art

Thursday:

Psychosocial Support Groups

Friday:

Ted Talk & Recovery College

SPECIAL EVENTS

Financial Workshop 10/3

Malaga Market 13/3

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

YOGA

Join us for the Reclink Yoga Group at Mirrabooka, a gentle, welcoming space to stretch, breathe, and unwind. These sessions are suitable for all levels and focus on simple movements that help reduce stress, ease tension, and support overall mental wellbeing. Yoga can improve mood and increase relaxation. All equipment is provided by reclink just come as you are and enjoy some time for your body and mind.

Note: If you want to catch the van from office, please arrive at 10:20am

When: Tues 11am-1pm

Where: Herb Graham Mirrabooka Recreation Centre

ART GROUP

Come and explore Neurographic Art a creative, calming activity that helps you relax, express yourself, and gently process your thoughts and emotions. Using simple lines and shapes, this art practice encourages mindfulness, reduces stress, and supports mental wellbeing. It's a peaceful way to unwind, explore creativity, and connect with others in a supportive space.

When: Wed 10am-12pm

Where: Neami Office

PSYCHOSOCIAL SUPPORT GROUP

Join us for this 4 week psychosocial support group designed to build self-worth and emotional wellbeing in a warm, supportive space. We begin with self-love and self-acceptance, focusing on reducing self-criticism and developing a kinder relationship with yourself. In week two, we explore perfectionism and introduce healthier, more realistic coping strategies. Week three strengthens positive self-talk and simple, practical self-care habits. In the final week, we look at gratitude and mindfulness to boost resilience, improve mood, and support ongoing wellbeing. This group offers a safe place to learn, share, and grow together

When: Thurs 10-12pm

Where: Neami Office

TED TALKS

Discover the Power of "No" is a supportive group that helps you build healthy boundaries, reduce stress, and feel more in control of your wellbeing. You'll learn simple, practical skills to protect your energy and communicate your needs with confidence. If you're looking to strengthen your mental health and feel more empowered, we'd love for you to join us.

When: 6th March 10-12pm

Where: Neami Office

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MALAGA MARKET

Come and explore Malaga Market, a lively and colourful local destination filled with fresh produce, unique stalls, handmade goods, and delicious food from around the world. Whether you're looking for bargains, craving something tasty, or just wanting a fun outing with other fellow consumers, Malaga Markets has something for everyone. With its friendly atmosphere and wide variety of shops, it's the perfect place to wander, discover new things, and enjoy a relaxed day out.

Note: if you would like lift from the office, please arrive by 09:20am

When: 13th of March, Friday
10am-12pm

Where: Malaga Market, 7 Bonner Dr, Malaga WA 6090



RECOVERY COLLEGE

Join us at Recovery College for a gentle and welcoming two-part wellbeing series designed to support emotional balance and self-awareness. In the third week, *Invitation to Mindfulness Practice* introduces simple, calming techniques that help you slow down, reconnect with the present moment, and create space for clarity and calm in everyday life. In the final week, *Tap Your Way to Emotional Freedom* offers an accessible introduction to Emotional Freedom Technique (EFT), a practical tapping method that can help reduce stress, ease emotional tension, and support emotional resilience. These sessions provide a safe, supportive environment where you can learn helpful strategies, build confidence, and take positive steps toward your wellbeing. Let's grow, learn, and support each other on the journey to recovery.

When: 20th & 27th March
10am-1pm

Where: Recovery College, 70 Davidson Terrace, Joondalup

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

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

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EVENTS

Financial Workshop 10th March 10am-12pm

Financial counsellor, Susan Goodwin from Uniting WA will be visiting Neami to run a workshop about managing your finances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PUBLIC HOLIDAY	3 Yoga	4 Art	5 Psychosocial Support Group	6 Ted Talk
9 Sound Healing	10 Financial Workshop	11 Art	12 Psychosocial Support Group	13 Malaga Market
16 Sound Healing	17 Yoga	18 Art	19 Psychosocial Support Group	20 Recovery College
23 Sound Healing	24 Yoga	25 Art	26 Psychosocial Support Group	27 Recovery college
30 Sound Healing	31 Yoga			