

NEAMI JOONDALUP

Community-based mental health service - May 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:

Walking Group
Creative Writing Group

Thursday:

Art and Craft

Friday:

Sound Healing & Special Events

SPECIAL EVENTS

Fremantle Art Gallery 9/5
The Three Petters 16/5

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

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



DBT SKILLS

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

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



BEHAVIOUR CHANGE

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: Wed 1-2pm
Where: Neami Office

WALKING GROUP

Join our walking and talk group for a refreshing way to connect, share ideas, and get some exercise at the same time!

When: Wed 9.30-11.30am
Where: Neil Hawkins Park Joondalup

ABOUT NEAMI NATIONAL

Neami National is a community mental health service supporting people to

CONTACT NEAMI

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

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CREATIVE WRITING GROUP

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

When: 2-4pm
Where: Neami Office

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



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 session offers a unique and comprehensive approach to wellness.

Please note only running on the 2nd & 30th May due to special events

When: 2-4pm
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.

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SPECIAL EVENTS

Fremantle Art Gallery 9.5.25 10am-2pm

Join us in the Office van for a drive to the Fremantle art gallery and have a look at the contemporary and culturally diverse art. Along with some lunch and a walk-through Fremantle. 6 spots available in the van. Cost FREE

Recovery College 16.5.25 9.30am-12pm

Join us at the Neami Office for a group based around Boundaries; Healthy limits that will set you free. Facilitated by the recovery college.

The Three Potters 23.5.25 10am-12.30pm

Come along and do some hand moulding with clay and make your very own unique coffee mug. COST \$10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Art Group	2 Sound Healing
5 DBT	6 Coffee & Community access Breath Work/ Meditation	7 Walking Group Creative Writing	8 Art Group	9 Fremantle Art Gallery
12 NESS Program DBT	13 Coffee & Community access Breath Work/ Meditation	14 Walking Group Creative Writing	15 Art Group	16 Recovery College Boundaries
19 NESS Program DBT	20 Coffee & Community access Breath Work/ Meditation	21 Walking Group Creative Writing	22 Art Group	23 The Three Potters
26 NESS Program DBT	27 Coffee & Community access Breath Work/ Meditation	28 Walking Group Creative Writing	29 Art Group	30 Sound Healing