

NEAMI JOONDALUP

Community-based mental health service - May 2026

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



GROUPS

Monday:

Sound Healing

Tuesday:

Psychoeducational

Wednesday:

Step and Connect Wellbeing

Thursday:

Art

Friday:

Flourish

SPECIAL EVENTS

Financial Workshop 19/5

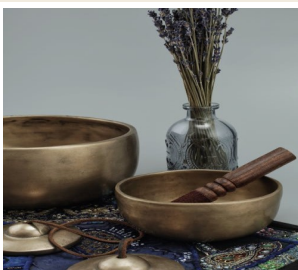
Sausage Sizzle 29/5

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



PSYCHOEDUCATIONAL

This psychoeducation group explores the power of saying “no” and how healthy boundaries support mental health and wellbeing. We’ll look at guilt and shame—why they arise, how they affect our choices, and how to respond with self compassion rather than self criticism.

The group also focuses on sleep hygiene, exploring the link between stress, thoughts, emotions, and sleep. We will learn practical, evidence based strategies to improve sleep routines and reduce anxiety and rumination.

This is a supportive, strengths based space to build insight, confidence, and practical tools for healthier boundaries, emotional wellbeing, and better sleep.

When: Tues 10am-12pm

Where: Neami Office

STEP AND CONNECT

This gentle walking group provides a supportive space to connect with others while strengthening mental health and wellbeing. Through shared movement and conversation, participants can build **social connection**, reduce isolation, and experience the emotional benefits of spending time outdoors.

When: Wed 10-12pm

Where: TBC

ART

A gentle, creative space to explore drawing the body in movement, using simple shapes, images, and your own unique style. No experience needed—just come along, connect, and enjoy the process at your own pace.

When: Thurs 1-3pm

Where: Neami Office



FLOURISH

Join us for our Flourish group, which will guide you through different steps, techniques and ideas to help you grow and Flourish in your recovery process. Come to a supportive and engaging group to encourage building healthy habits, letting go of old patterns that don't serve you and learning new ways to live.

When: Fri 10am-12pm

Where: Neami Office

CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm

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www.neaminational.org.au

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EVENTS

Financial Workshop 19th May 10am-12pm Neami Office

Your consumer rights and spotting a scam. Join us for a financial workshop run by Sue Goodwin, a brilliant financial support worker who provides clear, accurate advice around differing financial topics. For the month of May we will be exploring what your consumer rights are and how to spot a scam. Bring yourself and your questions.

Sausage Sizzle 29th May 11-1pm

Join the team at Neil Hawkins Park at 11am on the 29th of May for our sausage sizzle. Enjoy the beautiful park environment and come on down for a snag and a chinwag. If you would like to have a lift in the van arrive at the office at 9:45am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Flourish
4 Sound Healing	5 Psychoeducational Guilt and Shame	6 Step and Connect	7 Art	8 Flourish
11 Sound Healing	12 Psychoeducational Sleep Hygiene	13 Step and Connect	14 Art	15 Flourish
18 Sound Healing	19 Financial Workshop	20 Step and Connect	21 Art	22 Flourish
25 Sound Healing	26 Psychoeducational Assertiveness and the power of 'NO'	27 Step and Connect	28 Art	29 Sausage Sizzle