

# NEAMI JOONDALUP

## Community-based mental health service - October 2025



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

### GROUPS

#### Monday:

Sound Healing

#### Tuesday:

Boundaries Workshop

#### Wednesday:

Community Engagement

#### Thursday:

Art and Craft

#### Friday:

TaiChi

### SPECIAL EVENTS

Diabetes WA Info Session 4/9

Menopause 11/9

R U OK? Day 11/9

### SOUND HEALING & MEDITATION

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 tranquility.

**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

### BOUNDARIES WORKSHOP

Step into a safe and supportive space to explore the power of personal boundaries. Through guided discussions, interactive activities, and gentle reflection, this 5-week group helps you understand, set, and maintain healthy boundaries in everyday life. Learn to say yes to yourself and no without guilt. Build emotional clarity, strengthen relationships, and reconnect with your inner strength.

**When:** Tues 10am-12pm

**Where:** Neami Office



### COMMUNITY ENGAGEMENT

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 yourself.

**When:** Wed 10am-12pm

**Where:** Various Dome cafes

### ART GROUP

Looking for a fun and friendly space to get creative? Our art group is all about giving drawing and painting a go—no experience needed! Each week we explore simple, hands-on activities that help build focus, confidence, and emotional expression. It's a great way to unwind, meet others, and discover new ways to tell your story through art. Whether you're sketching for the first time or just want to enjoy some colour and conversation, come join us for a relaxed and inspiring session. You might surprise yourself!

**When:** Thurs 10am-12pm

**Where:** Neami Office

### TAICHI

Join the Tai Chi Wellness program—an empowering pathway to improve mental and physical wellbeing. This gentle, flowing practice promotes relaxation, confidence, and inner strength. Ideal for individuals experiencing mental health challenges, the program offers a calm, inclusive space to reduce stress, build resilience, and reconnect with your body and mind

**When:** Fri 1pm-2.30pm

**Where:** Herb Graham Recreation Centre

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### EVENTS

#### Sweet Escape: Strawberry Picking & Coffee Catch-Up

Step into the sunshine for a joyful strawberry-picking adventure in the fresh country air! Wander through vibrant fields and fill your box with juicy, delicious strawberries at a bargain price. Perfect for jam-making, desserts, or simply snacking on nature's sweetest treat. It's a fun, feel-good way to connect with others and enjoy the outdoors. Fresh air and gentle exercise can greatly benefit our mental Health. We'll finish with a relaxing coffee stop and friendly chat to share ideas and recipes.

**When:** Wednesday 15<sup>th</sup> October 10:00pm - 01:00pm

**Where:** Kien's Strawberry Farm Gngarara, (362 Badgerup Road, Gngarara Western Australia 6077)

| MONDAY              | TUESDAY                        | WEDNESDAY                                                                                   | THURSDAY        | FRIDAY        |
|---------------------|--------------------------------|---------------------------------------------------------------------------------------------|-----------------|---------------|
|                     |                                | 1<br>Community En-<br>gagement group<br>Health Freak Cafe<br>Joondalup Shop-<br>ping Centre | 2<br>Art Group  | 3<br>Tai Chi  |
| 6<br>Sound Healing  | 7<br>Boundaries Work-<br>shop  | 8<br>Community En-<br>gagement group<br>Peppermint Green<br>(7 Delage St,<br>Joondalup)     | 9<br>Art Group  | 10<br>Tai Chi |
| 13<br>Sound Healing | 14<br>Boundaries Work-<br>shop | 15<br>Strawberry Picking<br>Outing                                                          | 16<br>Art Group | 17<br>Tai Chi |
| 20<br>Sound Healing | 21<br>Boundaries Work-<br>shop | 22<br>Community En-<br>gagement group<br>Leap Frogs Cafe<br>(22 Drovers Plc,<br>Wanneroo)   | 23<br>Art Group | 24<br>Tai Chi |
| 27<br>Sound Healing | 28<br>Boundaries Work-<br>shop | 29<br>Community En-<br>gagement group<br>Currambine Dome<br>Cafe                            | 30<br>Art Group | 31<br>Tai Chi |