# NEAMI JOONDALUP

## Community-based mental health service - Oct-Dec 2026

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

### GROUPS

**Monday:**
Sound Healing

**Tuesday:**
Sound healing

**Wednesday:**
Mindful Movement

**Thursday:**
Art

**Special Events:**
TBC

### SOUND HEALING

Take a moment to pause, breathe, and reset. Experience the calming power of sound through soothing vibrations and gentle tones designed to support relaxation and wellbeing.
A peaceful space to unwind, recharge, and reconnect with yourself.
No experience needed simply come as you are., soften your stress response, heal your attention, and brighten your mood

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



### MINDFUL MOVEMENT

Spring is the perfect time to step outside, slow down, and reconnect with yourself and the world around you. Mindful Movement combines gentle activities such as nature walks, grounding exercises, breathing techniques, yoga-inspired movement, photography, and creative sensory experiences. Designed to support wellbeing, connection, and self-awareness, these sessions offer a welcoming space to explore mindfulness, build resilience, and connect with others while enjoying the beauty of the season. No fitness level or experience required, just bring your curiosity and a willingness to be present

**When:** Thurs 1-3pm
**Where:** Neami Office



### ART

Explore creativity through movement, expression, and imagination. This relaxed art session invites you to sketch and experiment with drawing the body in motion in a fun and supportive environment.
No artistic experience required, just curiosity and a willingness to have a go.
Celebrate creativity, self-expression, and connection.

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

### To Do List

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### CONTACT NEAMI

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

www.neaminational.org.au

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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### Monthly Goals

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### Notes

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### AFFIRMATIONS

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