

NEAMI JOONDALUP

Community-based mental health service - September 2025

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



GROUPS

Monday:

Photo Walk

Tuesday:

Community Engagement

Wednesday:

Sound Healing and Meditation

Thursday:

Creative Community Connection
Art and Craft

Friday:

TaiChi

SPECIAL EVENTS

Diabetes WA Info Session 4/9

Menopause 11/9

R U OK? Day 11/9

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: Tues 10am-12pm

Where: Various Dome cafes

CREATIVE COMMUNITY CONNECTION

Join us for the **Creative Community Connection** event. This is a great opportunity to come together, share ideas, and connect with others in a supportive and inspiring space. We'll be talking with our consumers about ways to stay connected, express creativity, and build stronger community ties. Whether you're looking to meet new people, explore creative interests, or just have a chat, we'd love to see you there!

When: 18th Sept 10am-12pm

Where: Neami Office

ART GROUP

This month, we'll explore the exciting world of drawing and painting. You'll enjoy fun activities materials. We'll learn key techniques like mark making shading, blending, color 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 journalling, you'll develop important skills and coping strategies

When: 25th September

Where: Neami Office

PHOTO WALK

Join us for a 4-week photography group that invites you to slow down, look closely, and notice the beauty in everyday life. Each week, we'll take photo walks in different locations, guided by a unique theme to inspire what we notice and capture. You'll have the chance to share your favorite images, reflect on your experience, and see how others view the same world in completely different ways. You don't need a fancy camera- just curiosity, an open mind, and a willingness to see things differently. No photography experience needed. Everyone is welcome.

When: Mon 10am-12pm

Where: Various Locations



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: Wed 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

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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: Sudbury Community House, 28 Chesterfield Rd, Mirrabooka WA 6061

SPECIAL EVENT

R U OK DAY

Join us for a warm and welcoming afternoon tea in support of **R U OK? Day**—a National Day of Action that encourages meaningful conversations and checking in with those around us. This event is a chance to connect, reflect, and support one another in a relaxed and inclusive setting.

Let's come together to share a cuppa and remind each other that a simple "Are you OK?" can make a big difference.

When: 11th September
12.30pm-2.30pm
Where: Neami Office

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

PUBLIC HOLIDAY

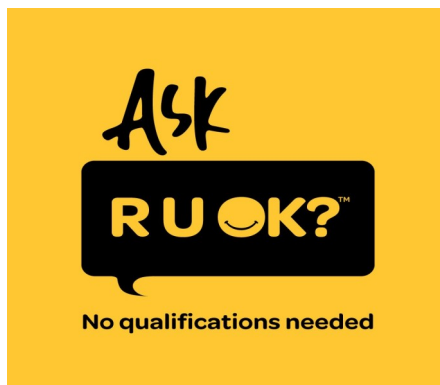
Just a friendly reminder that we'll be closed for the public holiday on Monday, 29th September.

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Photo Walk	2 Community En- gagement	3 Sound Healing & Meditation	4 Diabetes WA info	5 Tai Chi
8 Photo Walk	9 Community En- gagement	10 Sound Healing & Meditation	11 Menopause R U OK Day	12 Tai Chi
15 Photo Walk	16 Community En- gagement	17 Sound Healing & Meditation	18 Community Connec- tion	19 Tai Chi
22 Photo Walk	23 Community En- gagement	24 Sound Healing & Meditation	25 Art and Craft	26 Tai Chi
29 PUBLIC HOLIDAY NO GROUPS	30 Community En- gagement			

**Please note Art group will ONLY run on the 25th September
Returning in October**