

# NEAMI JOONDALUP COMMUNITY BASED MENTAL HEALTH SERVICE - JUNE 2024

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



## GROUPS

**Monday:**  
Meditation and Mindfulness  
**Tuesday:**  
Arts and Craft  
**Wednesday:**  
Behaviour Change  
**Thursday:**  
Community Exposure  
**Friday:**  
Yoga  
**SPECIAL EVENTS**  
Cuppa and a Catch up—  
Lavender Farm

## MEDITATION & MINDFULNESS

Join Neami’s meditation and relation group . Where we will guide you in grounding techniques aimed at supporting your mental and emotional well  
Week 1: What truly is mindfulness and how can it help our mental health?  
Week 2: How physical movement can help our mental wellbeing  
Week 3: A deep dive into gratitude and loving the self  
Week 4: Outing – Joondalup Lake: Walking and mindful meditation in nature  
**When: Monday 10:00 –12pm**  
**Where: Neami Office**

## ARTS & CRAFTS

Join the Neami Arts and Crafts group.  
For the month of June, explore resilience and beauty in imperfection through Kintsugi-inspired art, mending broken pieces of your own work with glue and gold paint.  
**When: Tues 10am - 12pm**  
**Where: Neami Office**

## YOGA

Bring a calming end to your week by joining us for yoga. The combination of breathing exercises, meditation and poses are designed to encourage relaxation and reduce stress. This group is led by an instructor.  
**When: Fri 10am - 12pm**  
**Where: Guy Daniels Hall, 16**

## 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

## COMMUNITY EXPOSURE

Join community exposure group for support, connection, and shared experiences in mental health recovery. A safe space for social connection and peer support  
**When: Thurs 10:00am-12pm**  
**Where: Coco Cabano Joondalup**  
**Cost: Enough for a Hot drink**  
**(No Community Exposure on 20th June due to Lavender Farm)**

## BEHAVIOUR CHANGE

Learn and practice DBT skills to improve emotional regulation, interpersonal effectiveness, distress tolerance, and mindfulness. This is a skills group only – we do not provide clinical support. This is a closed group with limited numbers – please register your interest as there is a current waitlist  
WEEK 1: Mindfulness – what is Mindfulness?  
WEEK 2: Mindfulness – Mindfulness skills  
WEEK 3: Emotion Regulation – How to recognise your emotions  
WEEK 4: Emotion Regulation - Skills to help regulate yourself  
**When: Wed 10am - 12pm**  
**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.

## CONTACT NEAMI

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

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## SPECIAL EVENTS

### Cuppa and a Catch up—Yanchep Lavender Farm 20th June 10am—12pm

Connect and share experiences over a cuppa in the relaxing setting of the Yanchep Lavender Farm. Limited spaces in the van so please register your interest.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PUBLIC HOLIDAY	4 Arts & Crafts	5 Behaviour Change	6 Community Exposure	7 YOGA
10 Meditation and Mindfulness	11 Arts & Crafts	12 Behaviour Change	13 Community Exposure	14 YOGA
17 Meditation and Mindfulness	18 Arts & Crafts	19 Behaviour Change	20 Yanchep Lavender Farm	21 YOGA
24 Meditation and Mindfulness	25 Arts & Crafts	26 Behaviour Change	27 Community Exposure	28 YOGA



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