

# NEAMI JOONDALUP COMMUNITY BASED MENTAL HEALTH SERVICE - MARCH 2025

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



## GROUPS

### Monday:

Shared Cultures, Shared Strength

### Tuesday:

Coffee and Community Access

### Wednesday:

Sound Healing

### Thursday:

Art and Craft

### Friday:

Yoga

Flourish

## SPECIAL EVENTS

Swan Valley 12.3.25

Temple Trekkers 17.3.25

## SHARED CULTURES, SHARED STRENGTH

### 10.3.25 The art of making Masala Chai.

Learn the secrets behind the perfect Masala Chai, crafted with a blend of aromatic spices and brewed to perfection.

### 17.3.25 Temple Trekkers

This visit offers opportunity to bring inner peace, learn about its rich traditions and witness the beauty of ancient rituals.

### 24.3.25 Pasta e Amore

Join our pasta salad making group. Fresh, fun and flavourful! Fun and interactive group where you'll learn how to create vibrant, delicious pasta salads from scratch!

### 31.3.25 Banau Chatpatey

Chatpatey is a vibrant and flavourful street food in Nepal, known for its combination of tangy, spicy, and crunchy elements. Its typically served as a snack or light meal and is loved for its bold flavours and textures.

**When: Monday 10:00 –12pm**

**Where: Neami Office**



## SOUND HEALING

A group filled with positive energy to calm the mind, soothe the Soul and balance the body. Immerse yourself in the healing sounds and vibration of this sound healing session. Relax and let go of your stress and anxiety.

**When: Wed 10:00am-12pm**

**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

## 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

[www.neaminational.org.au](http://www.neaminational.org.au)

## COFFEE IN THE COMMUNITY

This month we will be discussing various topics such as empowering healthy boundaries, voicing personnel opinions and speaking up for yourself.

Join us at various location to have a coffee and chat!

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

**Where:**

**4.3.25 Dome Currambine**

**11.3.25 Dome Hillary's**

**18.3.25 Dome Mullaloo**

**25.3.25 Dome Joondalup**



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## ARTS & CRAFTS

An easy going Art and Craft session doing something different each week.

### 6.3.25 Bubble Wrap Art

Come and join in with this innovative art using bubble wrap, paint and cotton tips to create your awesome extravaganza!!!

### 13.3.25

Continue on from last week, and a free session to work on anything you would like!

### 20.3.25 Awesome Rock Art

bring along a rock to paint. We have many designs to share from frogs, corn, apples, lady beetles, and sunflowers

### 27.3.25

a continuation from last week.

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

**Where: Neami Office**



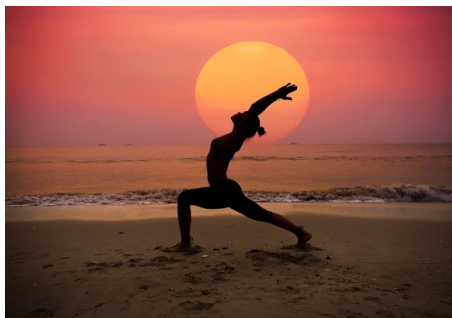
## YOGA

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 Sail**



## FLOURISH

Join us for our Flourish group. Gain the confidence and skills to flourish in all areas of your life. We offer a safe, welcoming space where you can share your experiences and learn new coping strategies.

**When: Fri 2-4pm**

**Where: Neami Joondalup**

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## SPECIAL EVENTS

### Swan Valley 12.3.25 10am-2pm

Join us in the Office van for a drive through the Swan Vally to a trip to the Honey shop and the Chocolate factory and a drink and something to eat.

### Temple Trekkers 17.3.25 10am-1pm

This visit offers opportunity to bring inner peace, learn about its rich traditions, and witness the beauty of ancient rituals. Perth Hindu Temple (271 Warton Road, Perth Western Australia 6155)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO GROUPS PUBLIC HOLIDAY	4 Coffee in the Commu- nity	5 Sound Healing	6 Art Group	7 YOGA Flourish
10 Shared Cultures, Shared Strengths	11 Coffee in the Commu- nity	12 Swan Valley Outing	13 Art Group	14 YOGA Flourish
17 Temple Trekkers Outing	18 Coffee in the Commu- nity	19 Sound Healing	20 Art Group	21 YOGA Flourish
24 Shared Cultures, Shared Strengths	25 Coffee in the Commu- nity	26 Sound Healing	27 Art Group	28 YOGA Flourish
31 Shared Cultures, Shared Strengths				