

NEAMI JOONDALUP COMMUNITY BASED MENTAL HEALTH SERVICE - DECEMBER 2023

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



GROUPS

Monday

Meditation & Mindfulness

Tuesday

Arts and Craft

Wednesday

No Group

Thursday

No Group

Friday

Yoga

SPECIAL EVENTS

Neami Christmas Party

Movie Day Outing

Coffee Catch Up

ARTS & CRAFTS

Join the Neami Arts and Crafts Group. There will be structured activities available, otherwise feel free to bring your own projects.

When: Tues 10am - 12pm

Where: Neami Joondalup



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 Terrace, Heathridge**



EMERGENCY NUMBERS

- Mental Health Emergency Response Line (MHERL) - 1300 555 788
- Crisis Care - 08 9223 1111
- Lifeline - 13 11 14
- Samaritans - 1800 198 313



MEDITATION

Join Neami's meditation and relaxation group. Where we will guide you in grounding techniques aimed at supporting your mental and emotional well-being.



CONTACT NEAMI

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

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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SPECIAL EVENTS

Neami Christmas Party 13th December 10am-1pm

Join the Neami Christmas Party! It's going to be a wonderful event filled with indoor activities, lunch, music and a meditation session. We would love for you to join us and celebrate the holiday season together.

Movie Day Outing 5th December

Join the Neami movie day outing. Let's come together and enjoy a movie for the festive season.

Coffee Catch Up 20th December 10am-12pm

Join Neami at Currambine Dome Café for coffee catch up. BYO money for coffee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 YOGA
4 Meditation & Mind-fulness	5 Movie Day Outing	6	7	8 Yoga
11 Meditation & Mind-fulness	12 Arts and Crafts	13 Neami Christmas Party	14	15 Yoga
18 Meditation & Mind-fulness	19 Arts and Crafts	20 Coffee Catch Up	21	22 Yoga
25 PUBLIC HOLIDAY CLOSED	26 PUBLIC HOLIDAY CLOSED	27	28	29 Yoga

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