

# NEAMI JOONDALUP COMMUNITY BASED MENTAL HEALTH SERVICE - APRIL 2024

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



## GROUPS

**Monday:**  
Meditation and Mindfulness

**Tuesday:**  
Arts and Craft

**Wednesday:**  
ASPIRE  
Behaviour change

**Thursday:**  
Brain Gym

**Friday:**  
Yoga  
ASPIRE



## 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  
**When: Monday 10:00 –12pm**  
**Where: Neami office**

## ARTS & CRAFTS

Join the Neami Arts and Crafts group. An opportunity for you to explore yourself through a creative outlet. Engagement in creative activities has been shown to help alleviate anxiety, depression and stress as well as boost confidence in the community.

**When: Tues 10am - 12pm**  
**Where: Neami Joondalup**



## ASPIRE

The ASPIRE Program is evidence-based Individual Vocational Activities (IVA's) Workforce Skills Training Modules, will assist people with a lived experience of mental health challenges to pursue and maintain long term Peer Support Work employment.

**When: Wed 10am - 1pm & Fri 10am-1pm**  
**Where: Neami Joondalup**

## BEHAVIOUR CHANGE

Neami's Changing Behaviours Group is a safe space to learn about your feelings and emotions and ways to self-regulate and change how you react to certain situations.

**When: Wed 10:00 am-12pm**  
**Where: Neami Joondalup**

## BRAIN GYM

Trivia, puzzles and brain teasers are a fun way to practise and increase memory, attention, motivation and critical thinking. Join us for a brain workout.

**When: Thurs 10:00 am-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**

## 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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> PUBLIC HOLIDAY NO GROUPS	<b>2</b> Arts and Crafts	<b>3</b> STAFF TRAINING NO GROUP	<b>4</b> Brain Gym	<b>5</b> Yoga ASPIRE
<b>8</b> Meditation and Mindfulness	<b>9</b> Arts and Crafts	<b>10</b> ASPIRE Changing Behaviours	<b>11</b> Brain Gym	<b>12</b> Yoga ASPIRE
<b>15</b> Meditation and Mindfulness	<b>16</b> Arts and Crafts	<b>17</b> ASPIRE Changing Behaviours	<b>18</b> Brain Gym	<b>19</b> Yoga ASPIRE
<b>22</b> Meditation and Mindfulness	<b>23</b> Arts and Crafts	<b>24</b> Changing Behaviours	<b>25</b> PUBLIC HOLIDAY NO GROUPS	<b>26</b> Yoga ASPIRE
<b>29</b> Meditation and Mindfulness	<b>30</b> Arts and Crafts			

### EMERGENCY NUMBERS

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

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