

NEAMI MANDURAH

Community-based mental health service - April 2026



GROUPS

Monday
Mindfulness

Tuesday
Swimming

Wednesday
Art

Thursday
Health the Holistic Way

Friday
Moving with Purpose

MINDFULNESS

Learn simple DBT mindfulness skills to slow down, tune in, and stay present. Expect practical tools, gentle exercises, and ways to bring mindfulness into everyday life.

Note: Group only running 20th April due to Public Holidays and Training.

When: Mon 1-3pm
Where: Mandurah Office

SWIMMING

Dive into better health and community connection! Swimming strengthens the body, clears the mind, and helps reduce stress and anxiety. Beyond fitness, it's a refreshing way to boost your mood, meet others, and support both personal and community wellbeing.

When: Tues 10am-12pm
Where: Mandurah ARC

ART

Join us this month as we get creative with hands on art activities. No art skills needed, just come as you are and enjoy the process!

1st Apr: Black out Poetry
8th Apr: Partner Portrait Party
15th Apr: Art Telephone Challenge
22nd Apr: Mandala & Pattern Design Workshop
29th: Painted Kindness Rocks

When: Wed 1-3pm
Where: Mandurah Office

HEALTH THE HOLISTIC WAY

Join us for a supportive wellbeing group combining nutrition, gentle movement, mindfulness, and social connection. Build healthy habits, reduce stress, boost energy, and connect with others on a similar journey—while investing in a healthier, more balanced you.

2nd - Join us for the Mandurah Walkie Talkie Heart Foundation walking group and social engagement.

Meet at the front of the Reading Cinemas, 7 James street **10am-12pm**

CONTINUED



HEALTH THE HOLISTIC WAY

9th- Food For Thought
Gut health. Come in and learn about the connection mind gut connection and benefits to your health

Neami Office 1pm-3pm

16th—Mindfulness in nature-
Take a moment to slow down, tune into the sounds of birds and flowing water. Learn how to use your 5 senses to bring calmness into your life. Meeting at Riverside Gardens Reserve, Greenfields at **12.30 -2.30pm**

23rd- Sahaja Yoga Meditation Workshop
Experience your Self Realisation - Kundalini Awakening and enjoy the peace and joy of true meditation which promotes mental, emotional, physical and spiritual wellbeing.
12:45pm – 1:45pm
11 Maspalomas Drive, Mordora Bay
Meet at the venue at 1230pm or if you require support with transport talk with your support worker

30th - Increase your social connection
Join us at Henry Sutton Grove for a sausage sizzle in a beautiful mindful location and social engagement. **11am-130pm**
When: Thurs, various locations and times

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MOVING WITH PURPOSE

Gentle exercise is one of the ways we can support our mental health as activity influences our brain chemistry and recently has shown to reduce brain inflammation. Increased balance and coordination may boost our self-confidence. The movements included in this group are chosen for gentleness and adaptability to accommodate mobility limits.

When: Fri 10am-12pm

Where: Neami Office

OFFICE CLOSURE NOTICE

Please be advised that Neami will be closed on the following dates:

3rd: Good Friday Public Holiday

6th: Easter Monday Public Holiday

13th: Staff Training

14th: Staff Training

27th: ANZAC Day

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Art	2 Health the Holistic Way Walkie Talkie	3 NO GROUPS PUBLIC HOLIDAY
6 NO GROUPS PUBLIC HOLIDAY	7 Swimming	8 Art	9 Health the Holistic Way Food for Thought	10 Moving with Purpose
13 NO GROUPS STAFF TRAINING	14 NO GROUPS STAFF TRAINING	15 Art	16 Health the Holistic Way Mindfulness in Nature	17 Moving with Purpose
20 Mindfulness	21 Swimming	22 Art	23 Health the Holistic Way Sahaja Yoga	24 Moving with Purpose
27 NO GROUPS PUBLIC HOLIDAY	28 Swimming	29 Art	30 Henry Sutton BBQ	