

NEAMI MANDURAH

Community-based mental health service - December 2025

GROUPS

Monday

Weekly planning & Goal setting

Tuesday

Reflect, Rest & Recharge

Wednesday

Swimming

Thursday

Empowerment Circles

Friday

Creativity for the Mind

REFLECT, REST & RECHARGE

As the year winds down, take time to pause, reflect, and prepare for the new one ahead. This group supports wellbeing through reflection, self care, and intention setting. Each session explores a different theme from celebrating personal growth to managing holiday stress and creating positive goals for the year to come.

Week 1: 2025 Mental Wellness Review

Week 2: Coping with the Holiday Season

Week 3: Reset & Set Intentions

Week 4: Mindful Closing Circle

Week 5: Celebration & Gratitude

When: Tues 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: Wed 1-3pm

Where: Mandurah 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 9535 9326
Mandurah@neaminational.org.au
www.neaminational.org.au

WEEKLY PLANNING & GOAL SETTING

Join us to set empowering goals, craft effective plans, and stay on track. Each week we'll provide guidance, support, and accountability to help you achieve your dreams. Let's turn your aspirations into accomplishments together.

Week 1: Year in Review & Goal Reflection

Week 2: Prioritise & Plan for Success

Week 3: Set 2026 Goals & Action Steps

Week 4: 2026 Schedule Planning

Week 5: New Years Resolutions

When: Mon 1-3pm

Where: Mandurah Office



EMERGENCY NUMBERS

Mental Health Emergency Response Line (MHERL) - 1300 555 788

Crisis Care - 08 9223 1111
Lifeline - 13 11 14
Samaritans - 1800 198 313



NEAMI MANDURAH

Community-based mental health service - December 2025



EMPOWERMENT CIRCLES

Welcome to our Empowerment Circles! These groups are a place to connect, share, and grow together in a safe and supportive environment. Every voice is valued as we explore personal growth, celebrate achievements, and support one another through challenges.

Together we'll focus on building confidence, resilience, and empowerment through shared experiences and activities. Sessions will include transport training, and we welcome your ideas for other empowering activities you'd like to try.

Week 1: Mandurah Senior Citizen Centre Tour

Week 2: Consumer End of Year Celebration—Henry Sutton Grove

Week 3: Mindful Meditation—Neami Office

Week 4: Closed Public Holiday

When: Thurs 11am-2pm
Where: Various Locations



CREATIVITY FOR THE MIND

Join us in exploring creativity as a pathway to better wellbeing. Art offers a safe and supportive space to express yourself through colour, shape, and imagery—no skills required. Together, we'll use creativity as a tool for self-discovery, relaxation, and personal growth. .

Week 1 – DIY lanterns

Week 2 – Hexa Flexagons

Week 3 – 2026 Vision Boards

Week 4 – Closed Public Holiday

When: Fri 1-3pm

Where: Mandurah Office



CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm
Phone 9535 9326
Mandurah@neaminational.org.au
www.neaminational.org.au

SPECIAL EVENT

END OF YEAR CELEBRATION !

Join us for an End of Year Celebration to celebrate Neami Mandurah. Located at Henry Sutton Grove, for a fancy BBQ, and to spread some cheer!

When: 11th December

11am-2pm

Where: Henry Sutton Grove

MINDFUL MEDITATION

Meet us at Neami Office for a Mindful Meditation session
Neami Mandurah closing at 12pm on this day.

When: 18th December

10am-11.30am

Where: Mandurah Office

OFFICE CLOSURE NOTICE

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

- Thursday, 18 December – Closing early at 12:00 PM
- Thursday, 25 December – Closed (Christmas Day)
- Friday, 26 December – Closed (Boxing Day)

We appreciate your understanding and wish you a safe and happy festive season.



NEAMI MANDURAH

Community-based mental health service - December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Weekly Planning & Goal Setting	2 Reflect, Rest & Recharge	3 Swimming	4 Mandurah Senior Citizen Centre Tour	5 Creativity for the Mind
8 Weekly Planning & Goal Setting	9 Reflect, Rest & Recharge	10 Swimming	11 Consumer end of Year Celebration	12 Creativity for the Mind
15 Weekly Planning & Goal Setting	16 Reflect, Rest & Recharge	17 Swimming	18 Mindful Meditation Office Closed from 12pm	19 Creativity for the Mind
22 Weekly Planning & Goal Setting	23 Reflect, Rest & Recharge	24 Swimming	25 Closed Public Holiday	26 Closed Public Holiday
29 Weekly Planning & Goal Setting	30 Reflect, Rest & Recharge	31 Swimming	1 Closed Public Holiday	