

# NEAMI MANDURAH

## Community-based mental health service - February 2026

### GROUPS

#### Monday

Weekly planning & Goal setting

#### Tuesday

Art

#### Wednesday

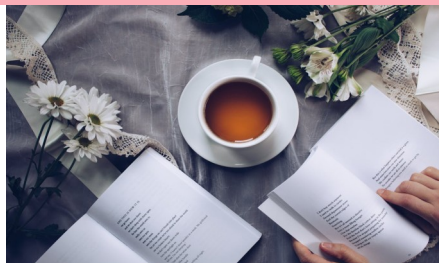
Swimming

#### Thursday

Food for Thought

#### Friday

Building Boundaries



### 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!

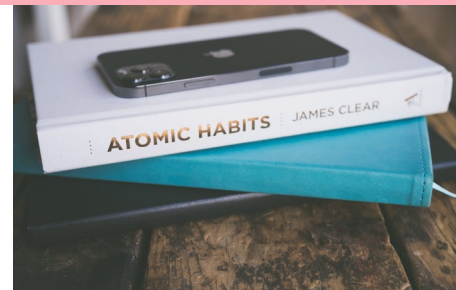
**3rd Feb:** Positive Affirmations Poster

**10th Feb:** Colour Block Canvas

**17th Feb:** Create with Clay

**24th Feb:** Finish off Projects

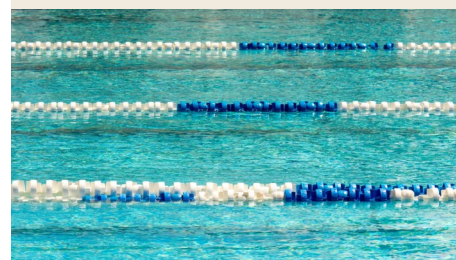
**When:** Tues 12-2pm  
**Where:** Mandurah Office



### 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](mailto:Mandurah@neaminational.org.au)  
[www.neaminational.org.au](http://www.neaminational.org.au)

### WEEKLY PLANNING & GOAL SETTING

Learn a practical guide to creating lasting change through small consistent actions, instead of focusing on big goals. Look at introducing tiny habits regularly to support your physical and mental wellbeing.

**2nd Feb:** Power of tiny habits

**9th Feb:** remove Barriers and Habit Stacking

**16th Feb:** Identify Base Habits and Link to Your Values

**23rd Feb:** How to stick to your habits

**When:** Mon 1-3pm  
**Where:** Mandurah Office

# NEAMI MANDURAH

## Community-based mental health service - February 2026

### FOOD FOR THOUGHT

Food for thought, learn how to eat nutritionally on a budget to support your health. Together we will explore simple, affordable food choices and increase your nutritional knowledge to support your body and mind.

**5th Feb:** Healthy Snack Options– Swap it out

**12th Feb:** Tasty Takeaways Made at Home

**19th Feb:** Healthy Alternative Breakfast options

**26th Feb:** Monthly BBQ

**When:** Thurs 1-3pm

**Where:** Mandurah Office

### BUILDING BOUNDARIES

Explore what healthy boundaries look like in everyday relationships. Learn practical tools to communicate your needs with confidence and clarity. Strengthen your sense of self while respecting others. Create space for personal growth, safety, and emotional well-being. Topics covered include:

Introduction to boundaries and where do they come from.

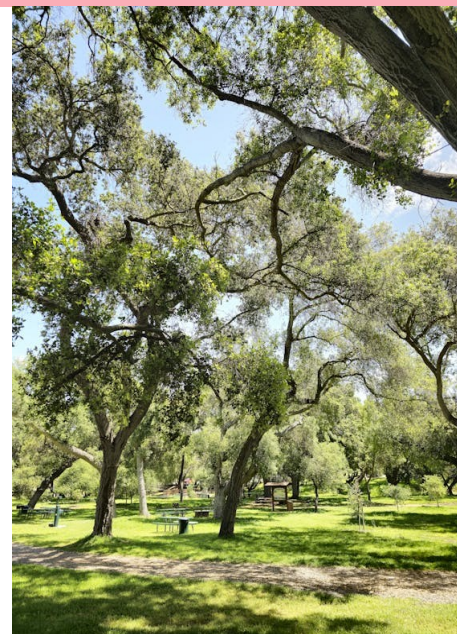
Boundary Types –Physical, Emotional and Verbal

Boundary Types – Time, Material, circles of trust

Understanding, Setting Boundaries and Overcoming Boundary Challenges.

**When:** Fri 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

### CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm  
Phone 9535 9326  
[Mandurah@neaminational.org.au](mailto:Mandurah@neaminational.org.au)  
[www.neaminational.org.au](http://www.neaminational.org.au)



# NEAMI MANDURAH

## Community-based mental health service - February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 Weekly Planning & Goal Setting	3 Art	4 Swimming	5 Food for Thought	6 Building Boundaries
9 Weekly Planning & Goal Setting	10 Art	11 Swimming	12 Food for Thought	13 Building Boundaries
16 Weekly Planning & Goal Setting	17 Art	18 Swimming	19 Food for Thought	20 Building Boundaries
23 Weekly Planning & Goal Setting	24 Art	25 Swimming	26 Monthly BBQ	27 Building Boundaries