

NEAMI MANDURAH

Community-based mental health service - January 2026

GROUPS

Monday

Weekly planning & Goal setting

Tuesday

Journalling

Wednesday

Swimming

Thursday

Empowerment Circles

Friday

Creativity for the Mind

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.

5th Jan: 2026 Diaries - Introduction to the 2026 diaries and how to use them for planning, organisation, and reflection throughout the year.

12th Jan: Diary entry & Goal Setting - Guided diary entry focusing on the start of the year, with support to set a few simple and realistic goals.

19th Jan: Diary entry & Goal Setting - Continued diary use with reflection on goals, making small adjustments and identifying next steps.

When: Mon 1-3pm

Where: Mandurah Office

JOURNALLING

Join us for a guided journaling experience to bring clarity and intention to your week. Through thoughtful prompts, you'll reflect, uncover insights, and reconnect with what matters most. Together, we'll create space for self-awareness and a more meaningful journey.

6 Jan: Journaling Intro – An introduction to journaling, its purpose and benefits, and ways it supports reflection and self-expression.

13 Jan: Journaling on the Past – Guided journaling to reflect on past experiences, identify lessons, and acknowledge growth.

20 Jan: Journaling on the Present – Activities focused on the present moment, encouraging awareness of thoughts, feelings, and daily experiences.

27 Jan: Journaling for the Future – Forward-looking journaling to explore hopes, intentions, and aspirations for what lies ahead.

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

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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.

8th Jan: Mindful Meditation—Neami Office

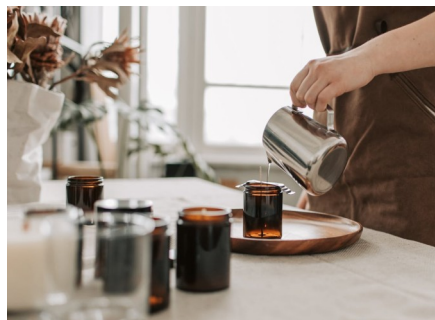
15th Jan: Cooking for Mental Health – Learn to create alternative healthy breakfast options.

22nd Jan: Sahaja Yoga Meditation - Experience your Self Realisation.

29th Jan: End of Month Sausage Sizzle – Henry Sutton Grove

When: Thurs 11am-1pm

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. .

2nd Jan: Make your own personalised 2026 Calendar

9th Jan: Upcycled Container Art

Take a plain glass jar or tin can and decorate it with paint, twine, or glued-on fabric/paper to create a unique pen holder, vase, or storage container.

16th Jan: Straw Blowing Art

is a simple, highly engaging, and non-traditional painting technique where the artist uses their breath and a drinking straw to move liquid paint across a surface.

23rd Jan: Candle Making

Create candles in jars or moulds, decorate the jars with your own creations

30th Jan: Paper Chains of Strength

See Yourself Through Others' Eyes at the same time be creative.

When: Fri 11-1pm

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

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed Public Holiday	2 Creativity for the mind
5 Weekly Planning & Goal Setting	6 Journalling	7 Swimming	8 Mindful Meditation	9 Creativity for the mind
12 Weekly Planning & Goal Setting	13 Journalling	14 Swimming	15 Cooking for Mental Health	16 Creativity for the mind
19 Weekly Planning & Goal Setting	20 Journalling	21 Swimming	22 Sahaja Yoga Meditation	23 Creativity for the mind
26 Closed Public Holiday	27 Journalling	28 Swimming	29 Monthly BBQ Henry Sutton Grove	30 Creativity for the mind