

# NEAMI MANDURAH

## Community-based mental health service - July 2025



### GROUPS

#### Monday

Weekly planning & Goal setting

#### Tuesday

Lawn Bowls

#### Wednesday

Setting Boundaries  
Art Group

#### Thursday

Empowerment Circles

#### Friday

Wellness Table

### 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.

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

### LAWN BOWLS

Lawn bowls reduces stress, fosters social interaction, promotes a sense of achievement, provides mental stimulation, offers physical activity, connects with nature, and encourages mindfulness for improved mental well-being.

**When:** Tues 1-3pm  
**Where:** Meet at the Mandurah bowling club on Allnutt street

### SETTING BOUNDARIES

Are you ready to invest in your well-being and unlock your full potential? Join us for our transformative wellness workshops designed to empower you to thrive in every aspect of your life. In these interactive sessions, you'll discover practical strategies and techniques to enhance your physical, mental, and emotional health. From stress management and mindfulness practices to nutrition tips and goal setting, our workshops cover a wide range of topics aimed at helping you achieve holistic wellness.

Each week we will cover a different aspect of wellness

**When:** Wed 11am-1pm  
**Where:** Mandurah Office



### ART Creativity for the mind

**02/07/25:** Glimmer Journals  
**09/07/25:** Beaded Plants  
**16/07/25:** Origami & Paper Flowers  
**23/07/25:** Coffee Coasters  
**30/07/25:** Bottle Tab People

**When:** Wed 2-4pm  
**Where:** Mandurah Office

### EMPOWERMENT CIRCLES

Welcome to our Empowerment Circles group! Here, we come together to uplift and support one another on our journey of personal growth and empowerment.

**03/07/25:** Serpentine Dam  
**10/07/25:** Senior Citizen Centre  
**17/07/25:** Hans Cafe Lunch  
**24/07/25:** Fremantle Outing  
**31/07/25:** Movie in the Office

**When:** Thurs 11am-3.30pm  
**Where:** Various Locations

### WELLNESS TABLE

Discover the powerful link between food and feelings. Join our Mental Health Nutrition Group for guidance and support on fuelling a healthier mind.

Cooking nutritional food and discovering the benefits it has for your mental health. Recipes will be based on seasonal availability.

Please bring along a container if you would like to take your food home.

**When:** Fri 11am-1pm  
**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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