

NEAMI MANDURAH

Community-based mental health service - June 2025



GROUPS

Monday

Weekly planning & Goal setting

Tuesday

The Wellness Table
NESS Program

Wednesday

Art Group

Thursday

Swimming

Friday

Empowerment Circles

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

NESS PROGRAM

NESS empowers participants to build confidence, resilience, and essential employment skills. Through interactive workshops and self-paced online learning, NESS equips individuals with strategies to manage mental health while navigating the workforce.

When: Tues 1-3pm

Where: Mandurah Office



THE 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: Tues 10am-12pm

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

ART Creativity for the mind

4/06/2025: Rock Art

11/06/2025: Painted trees.

18/06/2025: Mosaic Art

25/06/2025: Complete all unfinished projects

When: Wed 2-4pm

Where: Mandurah Office



SWIMMING

Getting fit isn't just about physical health; it's a powerful tool for mental well-being, reducing stress, anxiety, and depression while boosting mental clarity and mood

When: Thurs 1-3pm

Where: Mandurah MARC

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



NEAMI MANDURAH

Community-based mental health service - June 2025



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.

6/06/2025: Lunch at Hans Café and walk along the foreshore

13/06/2025: Dwellingup trip numbers limited

20/06/2025: OP shopping in Port Kennedy and lunch out

27/06/2025: Sausage sizzle at Henry Sutton Grove

When: Fri 11.00am– 3.30pm

Where: Various Locations



EMERGENCY NUMBERS

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

Crisis Care - 08 9223 1111

Lifeline - 13 11 14

Samaritans - 1800 198 313



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

NEAMI MANDURAH

Community-based mental health service - June 2025



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO GROUPS PUBLIC HOLIDAY	3 The Wellness Table NESS Program	4 Art & Craft	5 Swimming	6 Lunch at Hans Café
9 Weekly Planning and Goal Setting	10 The Wellness Table NESS Program	11 Art & Craft	12 Swimming	13 Dwellingup Trip
16 Weekly Planning and Goal Setting	17 The Wellness Table NESS Program	18 Art & Craft	19 Swimming	20 Op Shopping
23 Weekly Planning and Goal Setting	24 The Wellness Table NESS Program	25 Art & Craft	26 Swimming	27 Monthly BBQ
30 Weekly Planning and Goal Setting				