

NEAMI MANDURAH

Community-based mental health service - March 2026



GROUPS

Monday

Weekly planning & Goal setting

Tuesday

Art

Wednesday

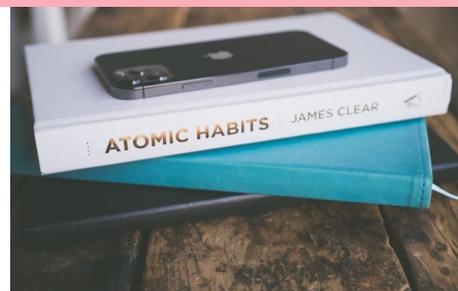
Swimming

Thursday

Health the Holistic Way

Friday

Mindfulness



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!

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



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.

Monday 2nd March – Labour Day Public Holiday- Neami service closed.

Monday 9th March- The Habit loop

Monday 16th March- Habit Assessment - your current reality

Monday 23rd March- Habit assessment continued and habit stacking

Monday 30th March- Your identity and where your habits take you.

When: Mon 1-3pm

Where: Mandurah Office

3rd Mar: Black out Poetry

10th Mar: Painted Kindness Rocks

17th Mar: Bath Bomb and Shower Steamers

24th Mar: Water Colour Painting

31st Mar: Home made hand scrub and Beeswax wraps

When: Tues 10am-12pm

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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HEALTH THE HOLISTIC WAY

Join us for a supportive wellbeing group combining nutrition, gentle movement, mindfulness, and social connection. Build healthy habits, reduce stress, boost energy, and connect with others on a similar journey—while investing in a healthier, more balanced you.

5th March- Join us for the Mandurah Walkie Talkie Heart Foundation walking group and social engagement.

Meet at the front of the Reading Cinemas, 7 James street
10am-12pm

12th March- Food for Thought – Inner Heath- Heart health and foods that promote a healthier living.
Mandurah office **1-3pm**

19th March—Mindfulness in nature- Take a moment to slow down, tune into the sounds of birds and flowing water. Learn how to use your 5 senses to bring calmness into your life.

Meeting at Riverside reserve at
12.30 –2.30pm

Thursday 26th March- Join us at Henry Sutton Grove for a sausage sizzle in a beautiful mindful location and social engagement. **11am- 130pm**

When: Thurs Various Times
Where: Various Locations

MINDFULNESS

Learn how your body and mind connect to give early warning signs of discomfort or feeling unsafe. Practical ways to bring mindfulness into your daily life, it's not just meditating – join us to find out how else we can practice mindfulness

- What is Mindfulness?
- Where does anxiety begin
- What is grounding?
- What is the limbic system?
- What is the window of tolerance?

When: Fri 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

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16 Weekly Planning & Goal Setting	17 Art	18 Swimming	19 Health the Holistic Way Mindfulness in Nature	20 Mindfulness
23 Weekly Planning & Goal Setting	24 Art	25 Swimming	26 Monthly BBQ	27 Mindfulness
30 Weekly Planning & Goal Setting	31 Art			