

# NEAMI MANDURAH

## Community-based mental health service - May 2025



### GROUPS

#### Monday

Weekly planning & Goal setting

#### Tuesday

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

### ART Creativity for the mind

**7/05/25:** Affirmation Cards

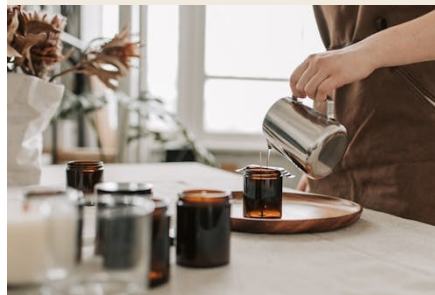
**14/05/25:** Candle Making

**21/05/25:** Bottle Art: decorate using napkins and lights

**28/05/25:** Indigenous painting for Reconciliation Week

**When:** Wed 1-3pm

**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

### EMERGENCY NUMBERS

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

Crisis Care - 08 9223 1111

Lifeline - 13 11 14

Samaritans - 1800 198 313

### 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.

**2/05/25** lunch at Sharky's and walk around Dolphin Quay. BYO money for lunch.

**9/5/25** Pinjarra trip to op shops. BYO Lunch or money for lunch.

**16/05/25** Movie in the office and games. BYO Lunch.

**23/05/25** Thrombolites in Lake Clifton. BYO Lunch.

**30/05/25** Reconciliation walk and lunch: Serpentine River, Greenfields and Kangaroo Stew for lunch

**When:** Fri 11.00am– 3.30pm

**Where:** Various Locations



### 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  
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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Swimming	2 Lunch at Sharky's
5 Weekly Goals & Planning	6 NESS Program	7 Art Group	8 Swimming	9 Pinjarra Trip
12 Weekly Goals & Planning	13 NESS Program	14 Art Group	15 Swimming	16 Neami Movie Day
19 Weekly Goals & Planning	20 NESS Program	21 Art Group	22 Swimming	23 Thrombolites at Lake Clifton
26 Weekly Goals & Planning	27 NESS Program	28 Art Group	29 Swimming	30 Reconciliation Walk