

# NEAMI MANDURAH

## Community-based mental health service - May 2026



### GROUPS

#### Monday

Better Sleep, Better You

#### Tuesday

Swimming

#### Wednesday

Art

#### Thursday

Let's Get Spicy & look at Neuro Diversity

#### Friday

Rhythm to Recovery



### LETS GET SPICY & LOOK AT NEURO DIVERSITY

Join our Neurodiversity Group as we explore different ways brains work and celebrate the strengths that come with thinking differently. This group offers a supportive space for learning, shared experiences, and social connection—open to neurodivergent people, allies, and anyone wanting to understand more.

**Week 1:** Let's look at the Neurodiversity

**Week 2:** Let's look at the Autism Spectrum

**Week 3:** Let's look at the 'dys' (Dyslexia, dyscalculia, dyspraxia)

**Week 4:** Monthly BBQ

**When:** Thurs 1-3pm

**Where:** Mandurah Office

### BETTER SLEEP, BETTER YOU

Join us for a practical and supportive month focused on improving sleep quality and routine. Learn about sleep hygiene, explore common sleep disruptors, and discover evidence-based strategies to help you get better rest. Each group will include interactive worksheets, discussion, and take-home tips to support your wellbeing.

**When:** Mon 1-3pm

**Where:** Mandurah Office

### SWIMMING

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:** Tues 1pm-3pm

**Where:** Mandurah ARC

### 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!

**Week 1:** Mood Drawing

**Week 2:** Bottle Painting

**Week 3:** Hayley Dewar Resin Making

**Week 4:** Torn Art Collage

**When:** Wed 1-3pm

**Where:** Mandurah Office

### RHYTHM TO RECOVERY

Music and sound can have profound impacts on our state of mind and studies show music is powerful enough to aid with mental health, improve cognition, and even bring some people with dementia back to their pre-dementia state...for a short time.

**Week 1:** Introduction to beats and bringing them together

**Week 2:** Connecting through rhythm and vibration

**Week 3:** Games we play – trying to drum through laughter

**Week 4:** Drumming Circles – lets create some noise!

**When:** Fri 10am-12pm

**Where:** Mandurah Office



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### EVENTS

#### Monthly BBQ 28th May 11am-1pm

Join us for our Monthly BBQ at Henry Sutton Grove or in the office depending on the weather.

| Monday                         | Tuesday        | Wednesday       | Thursday                                       | Friday                   |
|--------------------------------|----------------|-----------------|--|--------------------------|
|                                |                |                 |  | 1<br>Rhythm to Recovery  |
| 4<br>Better Sleep, Better you  | 5<br>Swimming  | 6<br>Art Group  | 7<br>Lets Get Spicy & look at Neuro Diversity  | 8<br>Rhythm to Recovery  |
| 11<br>Better Sleep, Better you | 12<br>Swimming | 13<br>Art Group | 14<br>Lets Get Spicy & look at Neuro Diversity | 15<br>Rhythm to Recovery |
| 18<br>Better Sleep, Better you | 19<br>Swimming | 20<br>Art Group | 21<br>Lets Get Spicy & look at Neuro Diversity | 22<br>Rhythm to Recovery |
| 25<br>Better Sleep, Better you | 26<br>Swimming | 27<br>Art Group | 28<br>Monthly BBQ                              | 29<br>Rhythm to Recovery |