

NEAMI MANDURAH

Community-based mental health service - October 2025



GROUPS

Monday

Weekly planning & Goal setting

Tuesday

Stress Management & Resilience

Wednesday

Art Group

Thursday

Empowerment Circles

Friday

Focus Friday

STRESS MANAGEMENT & RESILIENCE

Ready to invest in your well-being?

Join our wellness workshops designed to help you thrive in all areas of life.

Each interactive session offers practical tools for mind, body, and emotional health.

Covering topics like stress management, mindfulness, nutrition, and goal setting. Every week we'll explore a new aspect of wellness.

Week 1: Understanding Stress

Week 2: Coping Strategies

Week 3: Building Resilience

Week 4: Applying Skills & Maintaining Wellbeing

When: Tues 1-3pm
Where: Mandurah Office



ART Creativity for the mind

Join us in exploring creativity as a pathway to better wellbeing. Art offers a safe and supportive space to express yourself through colour, shape, and imagery—no skills required. Together, we'll use creativity as a tool for self-discovery, relaxation, and personal growth.

Week 1: No Group – Peel Wellness Wednesday

Week 2: Memory Box

Week 3 & 4: College Making

Week 5: Mask Making

When: Wed 1-3pm
Where: Mandurah Office

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.

Week 1: SMART Goal Planning

Week 2: Wellness wheel check-in

Week 3: Personal S.W.O.T. Analysis

Week 4: "One, Some, Many" Goal setting activity

When: Mon 1-3pm
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



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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EMPOWERMENT CIRCLES

Welcome to our Empowerment Circles! These groups are a place to connect, share, and grow together in a safe and supportive environment. Every voice is valued as we explore personal growth, celebrate achievements, and support one another through challenges.

Together we'll focus on building confidence, resilience, and empowerment through shared experiences and activities. Sessions will include transport training, and we welcome your ideas for other empowering activities you'd like to try.

Week 1: Mental Health Week – Inhouse Art: Memory Box

Week 2: Point Peron Walk Trail – Fossicking Natures treasures for grounding tools.

Week 3: Kings Park & Botanical Gardens – Transport Training

Week 4: Mandurah Jobs and Careers Expo

Week 5: Henry Sutton Grove – Mindfulness in the park with sausage sizzle lunch provided.

When: Thurs 11am-3pm

Where: Various Locations

FOCUS FRIDAY

Focus Fridays is a supportive weekly group to slow down, recharge, and build tools for better mental health.

Join us for mindfulness, journaling, stress management, and creative activities designed to help you feel calmer, more focused, and grounded.

Week 1: Grounding & Mindfulness

Week 2: Relaxation & Self-Awareness

Week 3: Positive Self-Talk & Affirmations

Week 4: Stress Management & Focus

Week 5: Building Your Grounding Toolkit

When: Fri 11am-1pm

Where: Mandurah Office



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SPECIAL EVENT

PEEL WELLNESS WEDNESDAY

Please join us for mental health and wellbeing event on the Mandurah Eastern Foreshore. The event is part of WA Mental Health Week which aims to promote effective techniques to keep people mentally healthy.

The theme is 'Empowering Communities, Thriving Workforces: A Journey Towards Investing in our Mental Health. Investing time and effort in maintaining our mental health equips us with the tools needed to navigate challenging times. These tools help manage stress and anxiety, seek support, and explore possible solutions. The event will feature a range of activities and a variety of entertainment for the whole family to enjoy. Over 50 local services will be participating, offering information, resources, kid's activities and merchandise.

When: 1st October 10am-2pm

Where: Mandurah Eastern Foreshore

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SPECIAL EVENTS

Mandurah Jobs and Careers Expo 23rd October 10am

The Mandurah Jobs and Careers Expo is a free local event designed to connect you with the right people, services and support to help you move forward in your career.

Whether you're just starting out, returning to work, or looking for something new, this Expo offers real opportunities to engage directly with:

- Local employers
- Registered training organisations
- Government and employment services
- Career experts offering personalised advice

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Wellness Wednesday	2 Empowerment Circles– Inhouse Art	3 Focus Friday
6 Weekly Planning and Goal Setting	7 Stress Management & Resilience	8 Art and Craft	9 Empowerment Circles– Point Peron Walk	10 Focus Friday
13 Weekly Planning and Goal Setting	14 Stress Management & Resilience	15 Art and Craft	16 Empowerment Circles– king Park & Botanical Gardens	17 Focus Friday
20 Weekly Planning and Goal Setting	21 Stress Management & Resilience	22 Art and Craft	23 Mandurah Jobs and Careers expo	24 Focus Friday
27 Weekly Planning and Goal Setting	28 Stress Management & Resilience	29 Art and Craft	30 Empowerment Circles– Henry Sutton Grove	31 Focus Friday