

NEAMI MANDURAH

Community-based mental health service - September 2025



GROUPS

Monday

Weekly planning & Goal setting

Tuesday

Social Anxiety

Wednesday

Art Group

Thursday

Empowerment Circles

Friday

Wellness Table

SETTING BOUNDARIES

Are you ready to invest in your well-being and unlock your full potential? Join us for our transformative wellness workshops designed to empower you to thrive in every aspect of your life. Navigating social situations can be challenging—but you're not alone. Our supportive group is designed to help you build confidence, understand personal boundaries, and develop practical tools to manage social anxiety.

Each week we will cover a different aspect of wellness

Week 1: Social Anxiety Book

– Introduction & Video

Week 2: Social Anxiety –

What's happening on the inside?

Week 3: Social Anxiety - The Anxiety Cycle

Week 4: Social Anxiety –

Calming the Mind

Week 5: Social Anxiety –

Healthy Mindset & Discussion

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 & 2 : Self Portrait Mind Maps

Week 3 & 4 : Collage Poetry

When: Wed 1-3pm

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

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: Value-Based Goal Setting

Week 4: Peer Sharing Prompts

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



NEAMI MANDURAH

Community-based mental health service - September 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.

Week 1: Women's Health Week - Special event

Week 2: R U OK? Day Sausage Sizzle

Week 3: Mandurah Seniors & Community Centre – See what the centre has on offer for over 55's in the community.

Week 4: Meditation Class Sahaja Yoga. Experience your Self Realisation - Kundalini Awakening and enjoy the peace and joy of true meditation which promotes mental, emotional, physical and spiritual wellbeing.

When: Thurs 1pm-3pm

Where: Various Locations



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.

Week 1: One Pan Chicken & Veg

Balanced plate, low-GI, healthy fats & fibre.

Week 2: Zucchini & Corn Fritter

Easy way to add more veg. Budget-friendly vegetarian option.

Week 3: Chicken Tagine with roasted vegetables couscous

Chicken Tagine with roasted vegetables and couscous is a nutritionally rich meal that offers a variety of health benefits.

Week 4: Mini Apple & Cinnamon Pies

Gut friendly, cinnamon to support blood sugar regulation, guilt-free sweet treat.

When: Fri 11am-1pm

Where: Mandurah Office

SPECIAL EVENT

WOMANS WEEK HIGH TEA

Celebrate Women's Health Week with a high Tea and share information about the challenges we face, and how liberating it is to be a woman. Tests required at certain ages. (Pap Smear, Mammogram, Bone Density Tests etc.) And how/where to book them all.

[Women's Health Checklist: The Latest Guidelines and Recommendations](#)

- Women's Health Diary

-Showing Pomellato International Women's Day 2022 Video

-Tote Bag Painting

When: 4th September

Where: Mandurah Office



CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm
Phone 9535 9326

Mandurah@neaminational.org.au

www.neaminational.org.au

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.



NEAMI MANDURAH

Community-based mental health service - September 2025



SPECIAL EVENTS

Career Training & Employment Expo 8th September 10am-12pm

South Metropolitan TAFE is hosting The Careers Expo. 2 Education Drive, Greenfields WA 6210
Apprenticeships, traineeships. Insights into local companies. Networking opportunities to meet with prospective employers.

R U OK? DAY 11th September All Day

Join us in celebrating R U OK? Day down at Henry Sutton Grove for a Sausage Sizzle.
- Please wear something yellow to show your support.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Weekly Planning & Goal Setting	2 Social Anxiety	3 Art Group	4 Women's health week special event	5 Wellness Table
8 Weekly Planning & Goal Setting Career Training & Employment Expo	9 Social Anxiety	10 Art Group	11 R U OK DAY ? Sausage Sizzle	12 Wellness Table
15 Weekly Planning & Goal Setting	16 Social Anxiety	17 Art Group	18 Mandurah Sen- iors & community centre	19 Wellness Table
22 Weekly Planning & Goal Setting	23 Social Anxiety	24 Art Group	25 Meditation Class Sahaja Yoga	26 Wellness Table
29 NO GROUP PUBLIC HOLI- DAY	30 Social Anxiety			