

# NEAMI MANDURAH COMMUNITY BASED MENTAL HEALTH SERVICE - APRIL

NEAMI MANDURAH | 6 Davey Street

P: 08 9535 9326



## GROUPS

### Monday

Assertiveness Training & Monday Check In

### Tuesday

Wellness Workshops

### Wednesday

ReLink Lawn Bowls Arts and crafts

### Thursday

Swimming

### Friday

Empowerment Circles

### Special Events

Henry Sutton Grove 5/4  
Social Connection 12/4  
Serpentine Falls 19/4  
Reds Zoo 26/4

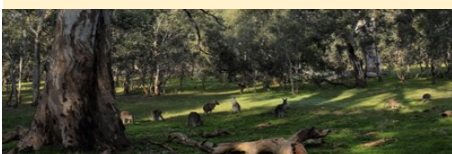
## ASSERTIVENESS

Assertiveness is a core communication skill that can help you control stress and anger, improve coping skills, and boost your self-esteem and earn others' respect.

Continue with the Assertiveness Booklets and check in for the week ahead.

**When: Mon 1-3pm**

**Where: Mandurah Office**



## WELLNESS WORKSHOPS

Are you ready to invest in your well-being and unlock your full potential? our workshops cover a wide range of topics aimed at helping you achieve holistic wellness. Each week we will cover a different aspect of wellness

Diaries/journals

2/04/2024: Emotional Well-being

9/04/2024: Nutrition & Healthy eating

16/04/2024: Physical Activity & Exercise

30/04/2024: Mindfulness & Meditation

**When: Tuesdays 1pm - 3pm**

**Where: Mandurah Office**



## RELINK LAWN BOWLS

Lawn bowls reduces stress, fosters social interaction, promotes a sense of achievement, provides mental stimulation, offers physical activity, connects with nature, and encourages mindfulness for improved mental well-being.

**When: Wed 11am-12.30pm**

**Where: Mandurah Bowls Club, Allnut Street**

## ARTS AND CRAFTS

### Creativity for the Mind

**Week two:** Continue with Mosaic Creations

**Week three:** Decorate picture frames

If you don't want to be creative come along and play board games or just have a chat.

**When: Wednesday 1-3pm**

**Where: Mandurah Office**

## SWIMMING

Come along to the MARC and do walking laps in the pool.

Swimming is fantastic for the physical health and mental health.

**When: Thurs 1-3pm**

**Where: MARC (Mandurah Aquatic Recreation Centre)**

## 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.

In our circles, we create a safe and nurturing space where everyone's voice is valued and respected. We share our experiences, challenges, and successes.

We are open to suggestion of any empowering activities you may like to try

**When: Fri 11.00am- 3.30pm**

**Where: Various Locations**

## CONTACT NEAMI

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

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## SPECIAL EVENTS

### HENRY SUTTON GROVE - Fri 5/4 11am-3pm

Bring along a drink, hat and chair – Mindfulness in Nature

### SOCIAL CONNECTION FRIDAY - Fri 12/4 11am-3pm

Bring along your favourite game or activity and a plate of food to share for lunch—Social Interaction. In the Neami Office.

### SERPENTINE FALLS - Fri 19/4 10.30am-3pm

Please advise staff if you will be attending as we only have 6 spots on the bus. Be at the office before 10:30am. Bring along a hat, water and a packed lunch. Please wear appropriate footwear.

Mental Health Benefits: **Nature Therapy, Physical Activity, Mindfulness & Presence, Connection to something Greater, Social Interaction.**

### REDS ZOO - Fri 26/4 10.30am-3pm

Cost \$7.00 for Zoo entry. Bring along a drink. Please advise if you are coming on the bus as we only have 6 spots or alternatively you can meet us there at 11am. We will then go to the Redcliffe for lunch or bring a packed lunch.

Mental Health benefits: **Connection to Nature, Educational Opportunities, Stress Reduction, Physical Activity, Social Interaction, Sense of wonder and joy.**

Monday	Tuesday	Wednesday	Thursday	Friday
1 PUBLIC HOLIDAY NO GROUPS	2 Wellness Workshops	3 STAFF TRAINING NO GROUPS	4 Swimming	5 HENRY SUTTON GROVE
8 Assertiveness Training & Mon- day check-in	9 Wellness Workshops	10 Reclink Lawn Bowls Arts & Craft	11 Swimming	12 SOCIAL CONNECTION
15 Assertiveness Training & Mon- day check-in	16 Wellness Workshops	17 Reclink Lawn Bowls Arts & Craft	18 Swimming	19 SERPENTINE FALLS
22 Assertiveness Training & Mon- day check-in	23 STAFF TRAINING NO GROUPS	24 STAFF TRAINING NO GROUPS	25 PUBLIC HOLIDAY NO GROUPS	26 REDS ZOO
29 Assertiveness Training & Mon- day check-in	30			