

NEAMI MANDURAH COMMUNITY BASED MENTAL HEALTH SERVICE - DECEMBER

NEAMI MANDURAH | 6 Davey Street
P: 08 9535 9326



GROUPS

Monday

Vision Boards

Tuesday

Self Compassion

Wednesday

Christmas Art

Thursday

Heart Foundation Walk
Lawn Bowls

Friday

Mindful in Nature

Special Events

Job & Skills Centre Visit
End of year celebration

2024 VISION BOARDS

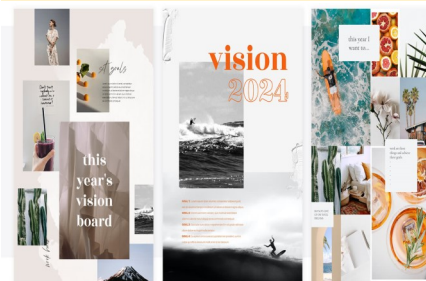
Setting goals and creating a vision board can be powerful tools for personal development and achieving success.

Outcomes:

Clarity and Focus, Motivation, Sense of Purpose, Positive Mindset, Accountability, Personal Growth, Improved Decision-Making, Enhanced Self-Reflection.

When: Monday 1pm—3pm

Where: Mandurah Office



HEART FOUNDATION WALK

Embark on a journey of healing and self-discovery through the simple yet powerful act of walking. Lace up your shoes and step onto a path that not only revitalizes your body but also rejuvenates your mind.

Walk is approx 4kms and at a leisurely pace.

When: Thurs 10am - 11.30am

Where: Outside Mandurah

LAWN BOWLS

Indulge in the soothing rhythm of lawn bowls and nurture your mental well-being. Lawn bowls and afternoon tea.

When: Thurs 1pm - 3pm

Where: Mandurah Bowling and Rec Centre, Allnutt Street

Mindful in Nature

Come along to mindfulness, practice paying attention to your feelings and how your mind and body experience them in the present moment.

When: Friday 1pm - 3pm

Where: Riverside garden reserve/Henry Sutton Grove/

SELF COMPASSION

Discover self-kindness, resilience, and growth in a nurturing space where self-compassion fosters understanding and personal empowerment.

When: Tuesday 1pm-3pm

Where: Mandurah Office



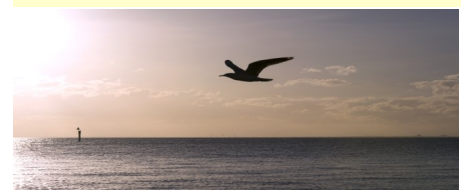
CHRISTMAS ART

Week one & Two: Christmas wreath/Table decoration
Week three: Baubles and tree decorations.

If you do not wish to create Christmas craft you can come along and play board games or just have a chat.

When: Wednesday 1-3pm

Where: Mandurah Office



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 based on their own strengths, values and goals.

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Special Events

Job & Skills Centre Info session - Tuesday 5th December 1-3PM Mandurah Office

Provide knowledge and tips on training and employment. Explore training options or career direction that would be suitable for you.

End Of Year Celebration Friday 22nd December 11am-3pm Rockingham Foreshore

Join us for a End of year celebration at Rockingham Foreshore for lunch. All services will be joining this event. Meet new people from Joondalup, Burswood and Rockingham. Lunch and refreshments provided. RSVP essential for catering – 8th December. Please note we have 9 seats available in the bus and car for those that require transport to Rockingham and back please advise if you will ASAP, alternatively we will also have a group travel via public transport.

End of year Downtime 10am—2.30pm

Bring along your lunch, hats, sunscreen and chair and join us for some end of year down time. Location will change each day see below:

Wednesday 27th: Falcon Bay Beach – fish and chips or BBQ available

Thursday 28th: Riverside Gardens Reserve, Greenfields – BBQ available

Friday 29th Henry Sutton Grove – BBQ available.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mindfulness in Nature
4 2024 Vision Boards	5 Job & Skills Centre info Session Visit	6 Christmas Art Wreaths/ table decoration	7 Heart foundation walk Lawn Bowls	8 Mindfulness in Nature
11 2024 Vision Boards	12 Self Compassion	13 Christmas Art Wreaths/ table decoration	14 Heart foundation walk Lawn Bowls	15 Mindfulness in Nature
18 2024 Vision Boards	19 Self Compassion	20 Christmas Art Baubles and tree decorations.	21 Heart foundation walk Lawn Bowls	22 End of year celebration
25 PUBLIC HOLIDAY	26 PUBLIC HOLIDAY	27 Falcon Bay Beach	28 Riverside Gardens Reserve	29 Henry Sutton Grove