

NEAMI MANDURAH COMMUNITY BASED MENTAL HEALTH SERVICE MARCH 2025



GROUPS

Monday
Weekly planning & Goal setting
Tuesday
Woman's Group
Tolerating Distress
Wednesday
Arts and crafts
Thursday
Mandurah Walkie Talkie Group
Swimming
Friday
Empowerment Circles

WEEKLY PLANNING & GOAL SETTING

Join us to set inspiring 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

When: Mon 1-3pm

Where: Mandurah Office

TOLERATING DISTRESS

learn practical skills to manage stress, cope with difficult emotions, and build inner strength. Through guided exercises, group discussions, and shared experiences, we'll create a safe space for growth and healing.

When: Tues 2pm - 4pm

Where: Mandurah Office

WOMENS GROUP

A safe and supportive space for women to connect, share experiences, and learn strategies to improve their mental health.

Week 1: No Group— See special events

Week 2: Self Care Routines— Pamper yourself with a facial mask and skin care

Week 3: Women's Coffee Club
Menopause and Hormonal Health

Week 4: Shopping on a budget
Op shopping

When: Tues 11am-1pm

Where: Mandurah Office

MANDURAH WALKIE TALKIE GROUP

Walking boosts mental health by reducing stress, improving sleep, and increasing energy. It's a free, easy way to enhance mood, focus, and overall well-being. Start small and walk regularly!

When: Thurs 10am-12pm

Where: Meet at the front of Reading Cinema

EMERGENCY NUMBERS

- Mental Health Emergency Response Line (MHERL) - 1300 555 788
- Crisis Care - 08 9223 1111
- Lifeline - 13 11 14
- Samaritans - 1800 198 313

SWIMMING

Getting fit isn't just about physical health; it's a powerful tool for mental well-being, reducing stress, anxiety, and depression while boosting mental clarity and mood

When: Thurs 2-4pm

Where: Mandurah MARC

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.

7/3 Bunbury Road trip. Visit local markets and township to enrich geographic knowledge

14/3 Lunch at Hans Café

21/3 Rockingham Foreshore mindfulness by the beach

28/2 Henry Sutton Grove join us for our monthly sausage sizzle and mindfulness in nature

When: Fri 11.00am - 3.30pm

Where: Various Locations

CONTACT NEAMI

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

Women's Group– 6th March 10am-12pm

Come along and join us at the Mandurah Marc for the women's health expo!

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO GROUPS PUBLIC HOLIDAY	4 Tolerating Distress	5 Arts and Crafts	6 Mandurah Walkie Talkie group Swimming	7 Bunbury Road Trip
10 Weekly Planning and Goal Setting	11 Women's Group Tolerating Distress	12 Arts and Crafts	13 Mandurah Walkie Talkie group Swimming	14 Lunch at Hans café
17 Weekly Planning and Goal Setting	18 Women's Group Tolerating Distress	19 Arts and Crafts	20 Mandurah Walkie Talkie group Swimming	21 Rockingham Fore- shore
24 Weekly Planning and Goal Setting	25 Women's Group Tolerating Distress	26 Arts and Crafts	27 Mandurah Walkie Talkie group Swimming	28 Henry Sutton Grove
31 Weekly Planning and Goal Setting				