

# NEAMI MANDURAH COMMUNITY BASED MENTAL HEALTH SERVICE - NOVEMBER

NEAMI MANDURAH | 6 Davey Street  
P: 08 9535 9326



## GROUPS

### Monday

Check in goal setting and motivation

### Tuesday

Chair Grooves  
Improving Self Esteem

### Wednesday

Fitness & Coffee Club  
Arts and crafts

### Thursday

Women's Group  
Swimming

### Friday

Empowerment Circles

### Special Events

Sculptures by the Beach  
Araluen Gardens  
Serpentine Nature Walk

## MONDAY CHECK IN

Check-ins can help individuals to set goals for the week and track their progress. This can provide a sense of purpose and motivation, encouraging individuals to stay on track and achieve their objectives.

Lets plan our week, bring along your diaries and booklets.

**When: Mon 1-3pm**

**Where: Dolphin Quay**

## CHAIR GROOVES

Join our lively yoga and resistance band chair exercises session! We'll blend the serenity of yoga with the strength-building fun of resistance bands. Suitable for all fitness levels, it's a joyful way to boost flexibility, strength, and relaxation right from your chair!

**When: Tues 11-12pm**

**Where: Mandurah Office**

## IMPROVING SELF-ESTEEM

learn practical strategies, share experiences, and engage in activities that enhance your confidence. Connect with others and transform your self-image in a friendly environment. Start your journey towards a more confident you

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

**Where: Mandurah Office**

## FITNESS & COFFEE CLUB

Enjoy gentle, fun activities that get you moving, followed by relaxing coffee chats.

**When: Wednesday 10am-12pm**

**Where: TBA**

## ARTS AND CRAFTS

Get into the holiday spirit with creative Christmas crafts

**When: Wednesday 1-3pm**

**Where: Mandurah Office**

## WOMENS GROUP

Connect, share and grow in a safe, supportive environment. Empower yourself with tools for emotional well-being, build lasting friendships and find strength in community.

**When: Thurs 10am-12pm**

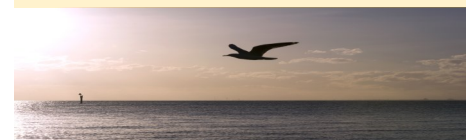
**Where: Mandurah Office**

## 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. Bring a towel, water bottle and appropriate attire.

**When: Thurs 1-3pm**

**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.

**1/11/24** Sculptures by the beach

**(Rockingham Foreshore)**

**8/11/24** lunch at Hans Café!

**15/11/24** Araluen Gardens

**22/11/24** Henry Sutton Grove

**29/11/24** Serpentine Nature walk



## EMERGENCY NUMBERS

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

## 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

**Sculptures by the beach (Rockingham Foreshore) 1st November Meet at Neami Office 10.30am Sharp.**

Stroll along the serene coastline, the sound of waves gently crashing in the background, and discovering breathtaking sculptures that blend seamlessly with the natural beauty of the beach. This serene experience can uplift your spirits and promote mental well-being. *..BYO lunch or buy*

**Lunch at Han’s cafe 8th November 11am**

Take a break and join us for a delightful lunch at Han’s Cafe! Enjoy delicious food, uplifting conversations, and a chance to re-charge your mental health.

**Araluen Gardens 15th November Meet at Neami Office 10.30am Sharp.**

Join us for a day of relaxation and mental rejuvenation amidst stunning gardens. Connect with nature and each other, and let the peaceful surroundings uplift your spirits

**Henry Sutton Grove 22 November 11am**

Mindfulness in nature. Enjoy a sausage sizzle while we brainstorm future groups.

**Serpentine Nature Walk 29 November**

Meet at Riverside gardens Wanda road, greenfields at 11am. If you need transport, meet at the office at 1030am. Bring your own lunch or buy.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sculptures by the Beach
4 Monday Check in Goal Setting and Motivation	5 Chair Grooves Improving Self-esteem	6 Fitness & coffee club Arts and Crafts	7 Women’s Group Swimming	8 Lunch At Hans Café
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