

# NEAMI PERTH

## Community-Based Mental Health Service - APRIL 2026



NEAMI PERTH | 9 KITCHENER AVE BURSWOOD  
P: 08 6252 0420

### GROUPS

**Monday:** Mindful Monday

**Tuesday:** Gym & Swim

**Wednesday:** Cook, Learn, Nourish & Art Group

**Thursday:** Health & Wellbeing Group

**Friday:** No Group

### APRIL ANNOUNCEMENTS

No groups will be running on **Monday 13 April** or **Tuesday 14 April** due to staff availability.

Due to Maintenance, Rivervale Community Centre will be unavailable on **Wednesday 15th April**. Gym and Swim will be available at Cannington Leisureplex from 11am to 2pm.

Mindful **Monday** will be relocating on **20th April** to **Dome Café Belmont**, located at 237 Knutsford Avenue, Belmont.

### MINDFUL MONDAY

Join us for a short post-weekend check-in as we reflect on the challenges and victories from the past few days. Afterward, we'll focus on a weekly mindfulness topic designed to help you build practical skills that you can take home and apply in your daily life.

This month, we'll be diving into the following topics  
-Routines

**When:** Monday 10am - 12pm  
**Where:** Dome Café Belmont

### GYM & SWIM

Join us for gym and swimming sessions at Cannington Leisureplex. Use this opportunity to build strength, boost mood, and connect with others in a supportive environment. Each Participant will be given a Journey Tracker to set and track your fitness goals. Gym will run between 11-12pm and Swimming 12.30-2pm.

**When:** Tuesday 11am - 2pm  
**Where:** Cannington Leisureplex



### COOKING & CONNECTION

Join us weekly at Rivervale Community Centre for hands-on cooking and nutrition workshops. From kitchen basics to budget-friendly meals. This month we look at :

- Mindful Cooking
- Seasonal Produce
- Comfort Food
- Cooking for Connection

**When:** Wed 10am - 12pm  
**Where:** Rivervale Community Centre.



### ART GROUP

Creative activities such as painting and crafts can reduce anxiety, depression, and stress while boosting confidence and self-esteem. This month's focus Scrap Book Art Series —this invites participants to explore expression, grounding, and personal storytelling through a month long scrapbook project. Offering choice and a safe space for creativity.

**When:** Wed 1pm - 3pm  
**Where:** Rivervale Community Centre



### HEALTH & WELLNESS

These workshops will focus on different aspects of health and wellbeing to provide participants with valuable tools to navigate everyday challenges. This month we will be looking at **Self Compassion** and focusing on:

- Positive Qualities
- Self Care
- Balanced Thinking
- Personal Strengths
- Triggers & Gratitude

**When:** Thursday 10am-12pm  
**Where:** Dome Café Gosnells

### EMERGENCY NUMBERS

- (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 6252 0420  
perthoffice@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.



# APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>10 –12pm</b> Cooking & Connection  <b>1—3pm</b> Art Group	<b>10 - 12pm</b> Health & Well-ness (The Survival Brain)	<b>Public Holiday</b> <b>Service Unavailable</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Public Holiday</b> <b>Service Unavailable</b>	<b>11am—2pm</b> Gym & Swim	<b>10 –12pm</b> Cooking & Connection  <b>1—3pm</b> Art Group	<b>10 - 12pm</b> Health & Well-ness (Positive Qualities)	No Group
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>10 – 12pm</b> <b>Group Unavailable</b>	<b>11am—2pm</b> <b>Group Unavailable</b>	<b>11am—2pm</b> Gym & Swim	<b>10 - 12pm</b> Health & Well-ness (Self Care)	No Group
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>10 – 12pm</b> Mindful Monday Feeling Connected	<b>11am—2pm</b> Gym & Swim	<b>10 –12pm</b> Cooking & Connection  <b>1—3pm</b> Art Group	<b>10 - 12pm</b> Health & Well-ness (Balanced Thinking)	No Group
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>Public Holiday</b> <b>Service Unavailable</b>	<b>11am—2pm</b> Gym & Swim	<b>10 –12pm</b> Cooking & Connection  <b>1—3pm</b> Art Group	<b>10 - 12pm</b> Health & Well-ness (Triggers & Gratitude)	