

NEAMI PERTH

Community-Based Mental Health Service - AUGUST 2026



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

GROUPS

Monday: Wellbeing Monday

Tuesday: Gym & Swim

Wednesday: Cooking & Connection — Art Group

Thursday: No Group

Friday: No Group

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 **Wellness Wheel** and focusing on:

- Health, Creativity and Sleep
- Movement and Food
- Community, Nature and Technology
- Mindfulness & Holistic Blueprint
- Wellness and Gratitude

When: Thursday 10am-12pm

Where: *Dome Café Belmont*



EMERGENCY NUMBERS

(MHERL) - 1300 555 788

Crisis Care - 08 9223 1111

Lifeline - 13 11 14

Samaritans - 1800 198 313

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*



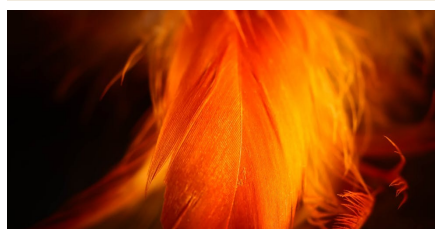
COOKING & CONNECTION

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 :

- How to Bake
- Culinary Science
- Troubleshooting
- A Complete Meal

When: Wed 10am - 12pm

Where: *Rivervale Community Centre.*



ART GROUP

Creative activities such as writing, movement, and the arts can support clarity, expression, and connection while easing stress and self-doubt. This month, we focus on Summer and the Element of Fire representing energy, courage, and renewal. Paint your creation inspired by choice, allowing your colors, shapes, and movement to reflect what feels energizing, empowering, or meaningful to you.

When: Wed 1pm - 3pm

Where: *Rivervale Community Centre*

To Do List

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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.



AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10 - 12pm Wellbeing Monday (Health, Creativity and Sleep)	11am—2pm Gym & Swim	10 –12pm Cooking & Connection 1—3pm Art Group	No Group	No Group
10	11	12	13	14
10 - 12pm Wellbeing Monday (Movement and Food)	11am—2pm Gym & Swim	10 –12pm Cooking & Connection 1—3pm Art Group	No Group	No Group
17	18	19	20	21
10 - 12pm Wellbeing Monday (Community, Nature and Technology)	11am—2pm Gym & Swim	10 –12pm Cooking & Connection 1—3pm Art Group	No Group	No Group
24	25	26	27	28
10 - 12pm Wellbeing Monday (Mindfulness & Holistic Blueprint)	11am—2pm Gym & Swim	10 –12pm Cooking & Connection 1—3pm Art Group	No Group	No Group
31				
10 - 12pm Wellbeing Monday (Wellness and Gratitude)				