

NEAMI PERTH

Community-Based Mental Health Service - December 2025



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

Friday: No Group

End of Year Celebration

Join us for our end of year celebration breakfast at the **Rivervale Community Centre**. This is an opportunity to come together and celebrate the wins, reflect on the challenges, and share stories from over the year. A light breakfast will be available, and we'd love your help with some of the prep and cooking!

Date: 10th December

Time: 10am to 12pm

Location: Rivervale Community Centre

RSVP: Monday 8th December

MINDFUL MONDAY

Join us for a brief post-weekend check-in as we reflect on some of our challenges and victories faced over the weekend. We will unwind with mindfulness exercises before diving into a weekly reflective discussion topic, focusing on recovery. Board games coloring and puzzles will be available during the session. This month some of the topics we will discuss include: Boundaries, Self-Care, Networking and Journaling.

When: Monday 10am - 12pm

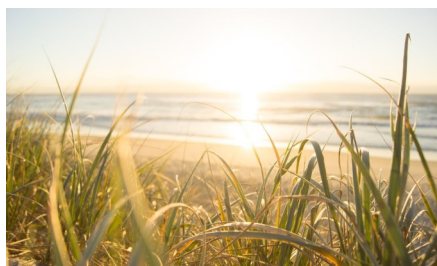
Where: Dome Café Gosnells

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



COOK, LEARN, NOURISH

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:

-Stir Frying

-End Of Year Celebration

-Baking Basics

-No Cooking This Week

-3 Minute Meringues

When: Wed 10am - 12pm

Where: Rivervale Community Centre.

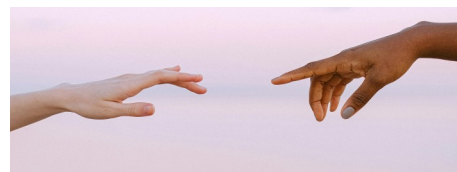


ART

Creative activities like painting and crafts can help reduce anxiety, depression, and stress. They also boost confidence and self-esteem. You're welcome to bring your own project or try something new! This month, we're diving into a variety of arts and crafts using materials we've gathered throughout the year. Whether it's painting, collage, or something unexpected, there's something for everyone. Wednesday 24th December will be an all day Creative Group.

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'll be focusing on several key areas to help strengthen and enhance your overall wellbeing.

-Social Connection Pt 1

-Social Connection Pt 2

-Coping Strategies

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.



December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Social Connection)	No Group
8	9	10	11	12
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12.30pm End Of Year Cel- ebration 1—3pm Art Group	10 - 12pm Health & Well- ness (Social Connection)	No Group
15	16	17	18	19
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Coping Strategies/Self- Care)	No Group
22	23	24	25	26
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –2pm Art and Creativity Group Early Finish at 2pm	No Group Public Holiday	No Group
29	30	31		
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group		