

NEAMI PERTH

Community-Based Mental Health Service - February 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



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 Gratitude Journaling, offering a different prompt for you to reflect on each day of the week. This challenge is designed to help you explore and appreciate the things you can be grateful for in your everyday life. It's a simple yet powerful way to cultivate positivity and mindfulness through daily reflection.

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:

- Low FODMAP Diets
- Sugar Free Cooking
- Dairy Free Diets
- Gluten Free Recipes

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 is Mandala Art—circular designs that encourage calm, focus, conversation, and connection. The process supports mindfulness and self-expression in a safe, relaxed environment. Feel free to bring along your own project if you would prefer to work on something different.

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 **Social Anxiety** and focusing on:

- Understanding Social Anxiety
- Learning Coping Skills
- Exploring Social Situations
- Reflecting on your own Experiences

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.



February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Understanding Social Anxiety)	No Group
9	10	11	12	13
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Social Anxiety Coping Skills)	No Group
16	17	18	19	20
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Social Anxiety Practical Tools)	No Group
23	24	25	26	27
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Social Anxiety— Reflection Ses- sion)	No Group
2 March				
Public Holiday				