

# NEAMI PERTH

## Community-Based Mental Health Service - January 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



### 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 exploring the following themes:

- Breathing Awareness
- Body Scan
- Gratitude & Reflection
- Loving-Kindness Meditation

**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:

- The History of Sushi
- Fun Cooking Facts
- Meal Prepping
- Slow Cooker Dump Bags

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

**Where:** Rivervale Community Centre.



### ART GROUP

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. This month, we're exploring Air Dry Clay as a medium! We'll be crafting a variety of items including trinket dishes and magnets. These projects are designed to challenge your creativity and refine your fine motor skills.

**When:** Wed 1pm - 3pm

**Where:** Rivervale Community Centre



### HEALTH & WELLNESS

These workshops will focus on different aspects of health and wellbeing to provide you with valuable tools to navigate everyday challenges. Health Matters helps you to identify what matters to you and learn strategies to support you. The topics we cover are:

- The Wellbeing Wheel
- My Strengths and Values
- Exploring My Physical Health
- Managing Stress
- Support Networks and Making Change

**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.



# January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10 - 12pm Health & Well- ness The Wellbeing Wheel	No Group
5	6	7	8	9
10 - 12pm Mindful Monday Breathing Aware- ness	11am—2pm Gym & Swim	10 - 12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness My Strengths and Values	No Group
12	13	14	15	16
10 - 12pm Mindful Monday Body Scan	11am—2pm Gym & Swim	10 - 12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness Managing Stress	No Group
19	20	21	22	23
10 - 12pm Mindful Monday Gratitude & Reflec- tion	11am—2pm Gym & Swim	10 - 12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness Exploring My Physical Health	No Group
26	27	28	29	30
Public Holiday	11am—2pm Gym & Swim	10 - 12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness Support Networks & Making Change	No Group