

NEAMI PERTH

Community-Based Mental Health Service - JULY 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

WELLBEING MONDAY

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 the **Flourish Program** and focusing on:

- Recovery and Strengths
- Values and Change
- Grounding and Growth
- Hope and Our A Team

When: Monday 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 :

- Baking and Sugar
- Healthy Eating
- Stress Free Meals
- Cooking for Allergies
- Low Waste Meals

When: Wed 10am - 12pm

Where: *Rivervale Community Centre.*

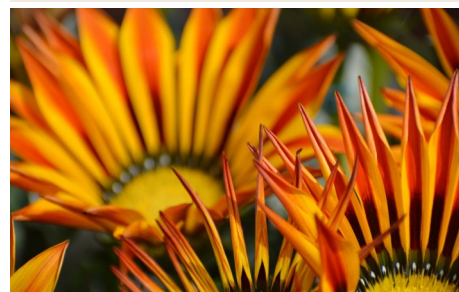


ART GROUP

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 Spring and the Element of Air, inviting renewal, curiosity, and expansion. Paint your creation inspired by breath, lightness, and emerging voice.

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.



JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
6	7	8	9	10
10 - 12pm Wellbeing Mon- day (Recovery and Strengths)	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
13	14	15	16	17
10 - 12pm Wellbeing Mon- day (Values and Change)	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
20	21	22	23	24
10 - 12pm Wellbeing Mon- day (Grounding and Growth)	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
27	28	29	30	31
10 - 12pm Wellbeing Mon- day (Hope and Our A Team)	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group