

NEAMI PERTH

Community-Based Mental Health Service - JULY 2025



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

GROUPS

Monday: Brain Gym

Tuesday: Book Club (Fortnightly)
Gym (Fortnightly) & Swimming

Wednesday: Wellness
Wednesday & Art Group

Thursday: Health & Wellbeing &
Creative Writing

Friday: NESS

Special Events

NAIDOC WEEK– The Grey Line

Join us for a screening of short film The Grey Line to celebrate NAIDOC week. If you're keen to experience public transport, meet us at Meltham Train Station to travel with us!

When/Where: Wednesday 9th July 10.30am-3pm, Boulevard Centre Floreat

BRAIN GYM

Trivia, puzzles and brain teasers are a fun way to practise and increase memory, attention, motivation and critical thinking. Join us for a brain workout! Not your thing? Bring along your arts and crafts and join us for some "me time"

When: Monday 10am - 12pm
Where: Dome Café Gosnells

GYM

Enhance your mobility and take your fitness journey to the next level! Move at your own pace and feel supported along your journey.

When: Tuesday (Fortnightly)
11am—12.30pm
Where: Cannington Leisureplex

BOOK CLUB

Whether you're an avid reader or just beginning, join us to celebrate your passion for reading. Share and discuss your literary adventures with fellow enthusiasts.

When: Tuesday (Fortnightly)
11am –12.30pm
Where: Cannington Library.

SWIMMING

Whether you prefer swimming or walking laps in the pool, physical activity is proven to boost mood and overall mental wellbeing. Join us in to set and track your fitness goals

When: Tuesday 1pm –3pm
Where: Cannington Leisureplex



WELLNESS WEDNESDAY

Take some much-needed time for self-care by joining us for a gentle walk, chair yoga, and mindfulness meditation. Alternatively, you can enjoy board games, puzzles, and colouring activities.

When: Wed 10am - 12pm
Where: Rivervale

EMERGENCY NUMBERS

Mental Health Emergency Response Line (MHERL) - 1300 555 788

Crisis Care - 08 9223 1111

Lifeline - 13 11 14

Samaritans - 1800 198 313

ART

Creative activities can reduce anxiety, depression, and stress, while boosting confidence. Try your hand at painting, crafts, or bring your own project to work on.

When: Wed 1pm - 3pm
Where: Rivervale

HEALTH AND WELLNESS

These workshops will focus on different aspects of health and wellbeing to provide participants with valuable tools to navigate everyday challenges.

When: Thurs 10am-12pm
Where: Dome Café Gosnells

CREATIVE WRITING

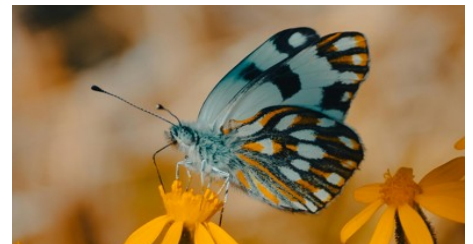
"Unlock Your Story: Step-by-Step Prompts to Build Your Novel from Scratch". Engage in creative writing through thoughtfully crafted prompts, or bring your journal to relax and reflect. Sharing is entirely optional.

When: Thurs 12:30-2:30pm
Where: Dome Café Gosnells

NESS

Each session will focus on different areas to help you explore your strengths, build new skills, and gain clarity on your career goals.

When: Friday 13th and 27th of July 10am—12pm
Where: Burswood Office



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 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	11am—12.30pm Gym 1pm —3pm Swimming	10 –12pm Wellness Wednesday 1—3pm Art Group	10 - 12pm Health & Well- ness 12:30-2:00pm Writing Group	12pm—2pm NESS— Session 4
7	8	9	10	11
10 – 12pm Brain Gym	10am—11am Book Club 1pm —2.30pm Swimming	10.30am—3pm NAIDOC WEEK SPECIAL EVENT	10 - 12pm Health & Well- ness 12:30-2:00pm Writing Group	12pm—2pm No Group
14	15	16	17	18
10 – 12pm Brain Gym	11am—12.30pm Gym 1pm —3pm Swimming	10 –12pm Wellness Wednesday 1—3pm Art Group	10 - 12pm Health & Well- ness 12:30-2:00pm Writing Group	12pm—2pm NESS— Session 5
21	22	23	24	25
10 – 12pm Brain Gym	11am—12.30pm Book Club 1pm —3pm Swimming	10 –12pm Wellness Wednesday 1—3pm Art Group	10—12pm Health & Well- ness 12:30-2:00pm Writing Group	12pm—2pm No Group
28	29	30	31	
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