

NEAMI PERTH

Community-Based Mental Health Service - JUNE 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

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*

ART GROUP

Creative activities such as painting and crafts can reduce anxiety, depression, and stress while boosting confidence and self-esteem. This month, our focus turns to the season of Winter and the Element of Water, offering space for emotional safety, gentle reflection, and inner calm.

When: Wed 1pm - 3pm
Where: *Rivervale Community Centre*

JUNE ANNOUNCEMENTS

This month we will be changing things up and moving groups around. Please take a close look at the activities and locations. Remember to **RSVP** your Support Worker if you would like to attend any sessions.



WELLBEING MONDAY

These workshops will focus on different aspects of health and well-being to provide participants with valuable tools to navigate everyday challenges. This month we will be looking at **My Personal Boundaries** and focusing on:

- What are Boundaries (AGA)
- Types of Boundaries (AGA)
- Values and your Boundaries
- Setting Healthy Boundaries

When: Monday 10am-12pm
Where: *Dome Café Belmont*

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 :

- Seasonal Produce
- Proteins
- Fats and Oils
- Herbs and Spices

When: Wed 10am - 12pm
Where: *Rivervale Community Centre.*



To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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.



JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No Groups Public Holiday	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
8	9	10	11	12
10 - 12pm Wellbeing Mon- day (What are Boundaries?) AGA	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
15	16	17	18	19
10 - 12pm Wellbeing Mon- day (Different Types of Bounda- ries) AGA	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
22	23	24	25	26
10 - 12pm Wellbeing Mon- day(Values and your Boundaries	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	No Group	No Group
29	30			
10 - 12pm Wellbeing Mon- day (Setting Healthy Bounda- ries)	11am—2pm Gym & Swim			