

# NEAMI PERTH

## Community-Based Mental Health Service - JUNE 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

#### Diabetes Education Session

Join us for an engaging and informative session hosted by Diabetes WA, where you'll gain valuable insights into Type 1 and Type 2 diabetes. This workshop is a great opportunity to boost your knowledge and wellbeing.

**When/Where:** Friday 20th June  
12pm—2pm (Burswood Office)

### 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

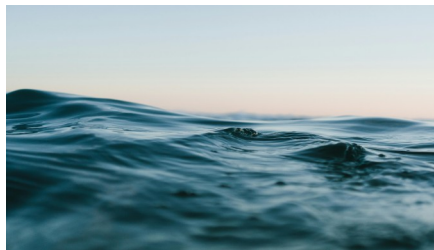
Whether you're an avid reader or just beginning, join us to celebrate your passion for reading. Share and discuss your literary adventures with fellow enthusiasts.

**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

Engage in creative writing with provided prompts or bring your journal to unwind. Sharing is optional, but these activities can boost self-esteem and improve mental health.

**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. It's a fantastic opportunity to discover more about yourself and to identify what you want from a job.

**When:** Friday 6th, 13th and 27th  
of May 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.

# JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>PUBLIC HOLIDAY</b> No Group	<b>11am—12.30pm</b> Gym <b>1pm —3pm</b> Swimming	<b>10 –12pm</b> Wellness Wednesday <i>Burswood Office</i> <b>1—3pm</b> Art Group <u>Rivervale Com-</u>	<b>10 - 12pm</b> Health & Well- ness <b>12:30-2:00pm</b> Writing Group	<b>12pm—2pm</b> NESS
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>10 – 12pm</b> Brain Gym	<b>11am—12.30pm</b> Book Club <b>1pm —3pm</b> Swimming	<b>10-12pm</b> Heart Health Week Breakfast Burswood <b>1—3pm</b> Art Group Rivervale	<b>10 - 12pm</b> Health & Well- ness <b>12:30-2:00pm</b> Writing Group	<b>12pm—2pm</b> NESS
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>10 – 12pm</b> Brain Gym	<b>11am—12.30pm</b> Gym <b>1pm —3pm</b> Swimming	<b>10 –12pm</b> Wellness Wednesday <b>1—3pm</b> Art Group <u>Rivervale Com- munity Centre</u>	<b>10 - 12pm</b> Health & Well- ness <b>12:30-2:00pm</b> Writing Group	<b>12pm—2pm</b> Diabetes WA Education Ses- sion
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>10 – 12pm</b> Brain Gym	<b>11am—12.30pm</b> Book Club <b>1pm —3pm</b> Swimming	<b>10 –12pm</b> Wellness Wednesday <b>1—3pm</b> Art Group <u>Rivervale Com- munity Centre</u>	<b>10—12pm</b> Health & Well- ness <b>12:30-2:00pm</b> Writing Group	<b>12pm—2pm</b> NESS
<b>30</b>				
<b>10 – 12pm</b> Brain Gym				