

NEAMI PERTH

Community-Based Mental Health Service - March 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 Group



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 diving into the following topics

- Inner Strength
- Small Wins
- Feeling Connected
- Showing Resilience

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 healthy and budget friendly options for:

- Breakfast Ideas
- Lunch Options
- Dinner Pleasers
- Snacks to Satisfy

When: Wed 10am - 12pm

Where: Rivervale Community Centre.



ART GROUP

Creative activities such as painting and crafts can reduce anxiety, depression, and stress while boosting confidence and self-esteem. This month's focus is Layered Mixed Media Canvas—This layered painting captures a harmonious blend of textures, colours and materials while exploring themes of inner reflection, connection and engaging the senses.

When: Wed 1pm - 3pm

Where: Rivervale Community Centre



HEALTH & WELLNESS

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 **Financial Wellness** and focusing on:

- From Stress to Small Wins
- Mastering Emotional Spending
- The Comparison Trap
- Three Buckets to Financial Peace

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.



March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Public Holiday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Mastering Emotional Spend- ing)	No Group
9	10	11	12	13
10 – 12pm Mindful Monday Inner Strengths	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (From Stress to Small Wins)	No Group
16	17	18	19	20
10 – 12pm Mindful Monday Small Wins	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (The Com- parison Trap)	No Group
23	24	25	26	27
10 – 12pm Mindful Monday Feeling Connected	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Three Buckets to Finan- cial Peace)	No Group
30	31			
10 – 12pm Mindful Monday Showing Resili- ence	11am—2pm Gym & Swim			