

NEAMI PERTH

Community-Based Mental Health Service - MAY 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: Skills Class (Fortnightly)

Special Events

Heart Health Week: One Australian has a heart attack or stroke every four minutes. It's crucial to discuss heart health and get a Heart Health Check with your GP. Join us for a light breakfast and a conversation on heart health, and learn how to take action today.

When: Wednesday 7th May
10am—12pm

Where: Burswood Office

Reconciliation Week: Let's come together to celebrate Reconciliation Week with a morning tea. This is a time to reflect on our shared histories, cultures, achievements and to explore how each of us can contribute to achieving reconciliation in Australia.

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

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 WELLBEING

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

SKILLS CLASS

Each fortnightly session will focus on a different area to support you with your personal growth. We'll cover various topics including Goal Setting, Vision Boarding, Mindfulness and various practical skills.

When: Friday 12pm - 2pm

Where: Perth Office

EMERGENCY NUMBERS

Mental Health Emergency Response Line (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.

MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10—12pm NESS Session 4 12:30-2:00pm Writing Group	No Group
5	6	7	8	9
10 – 12pm Brain Gym	11am—12.30pm Gym 1pm —3pm Swimming	10-12pm Heart Health Week Breakfast Burswood 1—3pm Art Group Rivervale	10—12pm NESS Wrap Up and Reflection 12:30-2:00pm Writing Group	12pm—2pm Skills Class Vision Barding Continued
12	13	14	15	16
10 – 12pm Brain Gym	11am—12.30pm Book Club 1pm —3pm Swimming	10 –12pm Wellness Wednesday 1—3pm Art Group <u>Rivervale Com- munity Centre</u>	10 - 12pm Health & Wellbe- ing 12:30-2:00pm Writing Group	No Group
19	20	21	22	23
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26	27	28	29	30
10 – 12pm Brain Gym	11am—12.30pm Book Club 1pm —3pm Swimming	10 –12pm Reconciliation Week - Morning Tea 1—3pm Art Group <u>Rivervale Com- munity Centre</u>	10—12pm Health & Wellbe- ing 12:30-2:00pm Writing Group	No Group