

NEAMI PERTH

Community-Based Mental Health Service - MAY 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

Friday: No Group

MAY ANNOUNCEMENTS

Reconciliation Week 27 May - 3 June

Let's come together to mark this important time with a morning tea. Reconciliation Week is an opportunity to reflect on our shared histories, cultures, and achievements, and to consider how each of us can contribute to reconciliation in Australia.

Date: Wednesday 27th May

Time: 10am - 12pm

Location: Rivervale Community Centre

MINDFUL MONDAY

Join us for a brief post weekend check in where we'll reflect on the challenges and wins from the past few days. We'll then explore a weekly mindfulness topic, focusing on practical skills you can take home and use in your everyday life. This month we focus on:

- 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



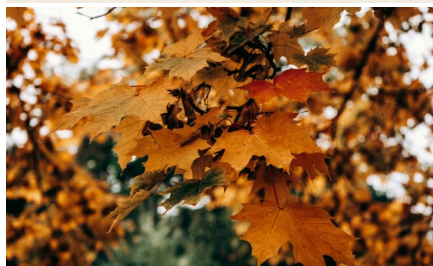
EAT, LEARN, NOURISH

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 :

- Kitchen Safety
- Cooking Methods
- Budget Friendly Meals
- Home Made Scones

When: Wed 10am - 12pm

Where: Rivervale Community Centre.



ART GROUP

Creative activities can help reduce anxiety, depression, and stress while supporting confidence and self-esteem. This month will capture a creative session inspired by the season of Autumn and the grounding Element of Earth. You will be supported to explore paint and other materials at your own pace to encourage reflection, letting go, and wellbeing.

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 **Routines** and focusing on:

- Understanding Routines
- Starting Routines
- Integration
- Keeping Momentum

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.



MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				No Group
4	5	6	7	8
10 – 12pm Mindful Monday Inner Strengths	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	10 - 12pm Health & Well- ness (Understanding Routines)	No Group
11	12	13	14	15
10 – 12pm Mindful Monday Small Wins	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	10 - 12pm Health & Well- ness (Starting Routines)	No Group
18	19	20	21	22
10 – 12pm Mindful Monday Feeling Connected	11am—2pm Gym & Swim	10 –12pm Cooking & Con- nection 1—3pm Art Group	10 - 12pm Health & Well- ness (Integration)	No Group
25	26	27	28	29
10 – 12pm Mindful Monday Showing Resili- ence	11am—2pm Gym & Swim	10 –12pm Reconciliation Week Event 1—3pm No Art	10 - 12pm Health & Well- ness (Keeping The Momentum)	No Group