

NEAMI PERTH

Community-Based Mental Health Service - November 2025



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
Friday: No Group

Breakfast BBQ

Join us for a breakfast BBQ as we celebrate personal milestones from the past year and reflect on the challenges we've faced. This is a chance to hear others' journeys, share your own, and look ahead to the future with hope and connection.
Date: 5th November
Time: 10am to 12pm
Where: Tomato Lake (34 Oats Street, Kewdale).
RSVP Monday 3rd November

MINDFUL MONDAY

Join us for a brief post-weekend check-in as we reflect on some of our challenges and victories faced over the weekend. We will then unwind with a breathing or grounding exercise before diving into a weekly reflective discussion topic, focusing on recovery. The session will then wrap up with a creative activity, such as journalling, poetry, or writing. This month we will cover a variety of topics ranging from:
-Finding Meaning and Purpose
-Connection
-Breaking the Barriers
-Bouncing Back
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:
-Room Not Available
-Baking Basics
-Special Diets and Allergies
-Mediterranean Cooking

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

EMERGENCY NUMBERS

(MHERL) - 1300 555 788
Crisis Care - 08 9223 1111
Lifeline - 13 11 14
Samaritans - 1800 198 313

ART

Creative activities like painting and crafts can help reduce anxiety, depression, and stress, while boosting confidence and self-esteem. You're welcome to bring your own project or try something new. This month, we're exploring macramé—a calming craft that focuses on knotting. The repetitive nature of macramé can be especially soothing and meditative.

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 focusing on Health Matters This 6 session workshop focuses on areas including:

- Understanding My Health
- Coming To Know What Matters
- Looking After My Health
- Deciding What To Do

When: Thurs 10am-12pm
Where: Dome Café Gosnells

"Trans Month"

November is a month dedicated to celebrating transgender, gender diverse, and non-binary (TGDNB) communities, highlighting their strength, joy, and unity. It's a time for individuals and allies to come together in solidarity, connection and pride. For more details on events go to: <https://www.transmonth.org.au/>

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.



November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Breakfast BBQ Tomato Lake 1—3pm Art Group	10 - 12pm Health & Well- ness (Health Matters Session 1)	No Group
10	11	12	13	14
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12.30pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Health Matters Session 2)	No Group
17	18	19	20	21
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Health Matters Session 3)	No Group
24	25	26	27	28
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish (Final Week) 1—3pm Art Group	10 - 12pm Health & Well- ness (Health Matters Session 4)	No Group
30				
10 – 12pm Mindful Monday				

PrideFEST 2025 (21-30 Nov)

PrideFEST is Perth's annual LGBTQIA+ celebration held in November. It features parades, community events, performances, and awareness activities that promote inclusion, visibility, and pride across diverse identities. For more details on events go to: <https://www.pridewa.com.au/>