NEAMI PERTH

Community-Based Mental Health Service - OCTOBER—NOVEMBER 2026

NEAMI PERTH | 9 KITCHENER AVE BURSWOOD
P: 08 6252 0420

GROUPS

Monday: Wellbeing Monday

Tuesday: Gym & Swim

Wednesday: Cooking & Connection — Art Group

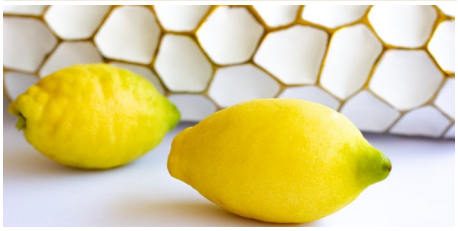
HEALTH & WELLNESS

These workshops will focus on different aspects of health and wellbeing to provide participants with valuable tools to navigate everyday challenges.

October we will be looking at **Neami Employment Support Services** and focusing on:
-Strengths and Barriers
-Emotional Resilience
-Volunteering and Altruism
-Finding a Good Fit

November we will be looking at **Confidence Building** and focusing on:
-Understanding Confidence
-Strengths and Self-talk
-Finding Your Voice
-Action Creates Confidence
-Wrap Up and Reflection

When: Monday 10am-12pm
Where: ***Dome Café Belmont***



EMERGENCY NUMBERS

(MHERL) - 1300 555 788

Crisis Care - 08 9223 1111

Lifeline - 13 11 14

Samaritans - 1800 198 313

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***

COOKING & CONNECTION

Join us weekly at Rivervale Community Centre for hands-on cooking and nutrition workshops. From kitchen basics to budget-friendly meals.
October we look at:
-Cooking Rice Properly
-High Heat Cooking
-Sauces and Umami
-Fresh Food Preparation

November learn how to make simple, affordable, and eco-friendly cleaning products using natural ingredients. Create a different product each week to take home and enjoy practical cleaning solutions without harsh chemicals.

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



ART GROUP

Creative activities such as writing, movement, and the arts can support clarity, expression, and connection while easing stress and self-doubt.

October, our focus is on Identity where we will explore themes such as seeing myself, things that carry me forward, important memories and your journey so far.

November, our focus is Connection and what matters to us. This includes people, places and cultural connections.

Paint your creation inspired by choice, allowing your colors, shapes, and movement to reflect what feels energizing, empowering, or meaningful to you.

When: Wednesday 1pm - 3pm
Where: ***Rivervale Community Centre***

AFFIRMATIONS

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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.

OCTOBER—NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

To Do List

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