

NEAMI PERTH

Community-Based Mental Health Service - OCTOBER 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

World Mental Health Day

In the lead-up to World Mental Health Day (10th October), we'll be working on the 1000 Hearts Project throughout the month. This year's global theme, **"Mental Health is a Universal Human Right,"** this highlights the importance of equal access to mental health care for all, regardless of background, location, or income. As part of this initiative, participants will create felt hearts to be donated to a local charity, chosen collectively by those involved.

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:

- Building Trust
- Writing For Reflection
- Routines
- Small Changes

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



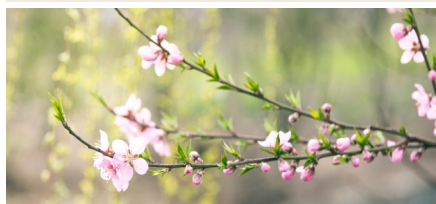
COOK, LEARN, NOURISH

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:

- Protein Power
- Food Mood Connection
- Quick and Healthy Snacks
- Cooking For One or Two
- Cultural Cooking & Connection

When: Wed 10am - 12pm

Where: Rivervale Community Centre.



ART

Creative activities like painting and crafts can help reduce anxiety, depression, and stress, while boosting confidence. Bring your own project or try something new. This month, we're focusing on the 1000 Hearts Project in preparation for World Mental Health Day

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 Flourish. This 4 session workshop focuses on areas including:

- Flourish Session 5
- World Mental Health Day (Affirmation Cards)
- Boundary Setting Week 1
- Boundary Setting Week 2
- Wellness Wheel

When: Thurs 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.



OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Flourish Session 5)	No Group
6	7	8	9	10
10 – 12pm Mindful Monday Building Trust	11am—2pm Gym & Swim	10 –12.30pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm World Mental Health Day Affirmation Cards	No Group
13	14	15	16	17
10 – 12pm Mindful Monday Writing for Re- flection	No Gym 12pm—2pm Swim Group Only	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Boundary Setting Session 1)	No Group
20	21	22	23	24
10 – 12pm Mindful Monday Routines	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Boundary Setting Session 2)	No Group
27	28	29	30	31
10 – 12pm Mindful Monday Small Changes	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness Wellness Wheel	No Group