

NEAMI PERTH

Community-Based Mental Health Service - SEPTEMBER 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

Special Events

R U OK Day: Morning Tea

"Are you okay?" can offer comfort and connection to someone who needs it most. Let's support one another, listen, care, and be present. This month we will be hosting a morning tea to reflect on R U OK Day.

When: Wednesday 10th September 10am-12.30pm,

Where: Rivervale Community Centre.

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:

- Inner Strength
- Small Wins
- Feeling Connected
- Showing Resilience

When: Monday 10am - 12pm

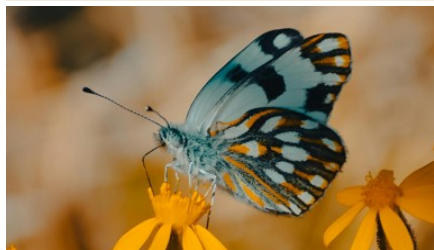
Where: Dome Café Gosnells

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



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:

- Kitchen Basics
- Understanding Nutrition
- Budget Friendly Meals
- Cooking with Whole Grains

When: Wed 10am - 12pm

Where: Rivervale Community Centre.

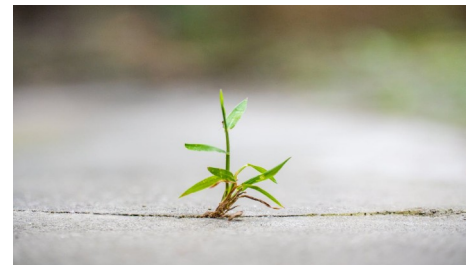


ART

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 painting and using colour to express your emotions.

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:

- Recovery and Strengths
- Values and Change
- Grounding and Growth
- Hope and Our A Team

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.



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Flourish Session 1)	No Group
8	9	10	11	12
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12.30pm Cook, Learn, Nourish R U OK Morning Tea 1—3pm Art Group	10 - 12pm Health & Well- ness (Flourish Session 2)	No Group
15	16	17	18	19
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Flourish Session 3)	No Group
22	23	24	25	26
10 – 12pm Mindful Monday	11am—2pm Gym & Swim	10 –12pm Cook, Learn, Nourish 1—3pm Art Group	10 - 12pm Health & Well- ness (Flourish Session 4)	No Group
29	30			
No Group Public Holiday	11am—2pm Gym & Swim			