

NEAMI PERTH COMMUNITY BASED MENTAL HEALTH SERVICE - APRIL

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



GROUPS

Monday:

Good Life Album Group
Next Steps Walking Group—
Alternate activity will be
available if the weather is too
hot.

Tuesday:

Next Steps Swimming Group
(See Monthly Planner)

Wednesday:

Brain Gym
Art Group

Thursday:

Wellbeing Group
Writing Group

Friday: No Groups



GOOD LIFE ALBUM

Each week we will take the
opportunity to explore our
strengths and values using
Vision Boarding as a
reflective tool. Engage in
meaningful conversation and
take the time to look at the
good things in life

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

NEXT STEPS WALKING

Increase your physical
activity through walking.
Engage with nature,
socialise with other people
and improve your fitness in a
supported environment.

When: Mon 12:30pm - 2pm
**Where: Pioneer Centennial
Park, Gosnells**

Next Steps Swimming Group, Cannington Leisureplex

Whether you want to swim or
walk laps in the pool, physical
activity is proven to improve
mood and overall mental
wellbeing. Participate in
setting goals and monitoring
your progress

**When: Every Second
Tuesday starting from the
6th February 2024
1pm-3pm**
**Where: Cannington
Leisureplex**

ART

An opportunity for you to
explore yourself through a
creative outlet. Engagement
in creative activities has been
shown to help alleviate
anxiety, depression and
stress as well as boost
confidence and engagement
in the community.

When: Wed 1pm - 3pm
Where: Perth City Farm



BRAIN GYM

Trivia, puzzles and brain
teasers are a fun way to
practise and increase
memory, attention, motivation
and critical thinking. Join us
for a brain workout!

When: Wed 10am - 12pm
Where: Perth City Farm

WELLBEING

These workshops will focus on
the different aspects of
wellbeing and explore impacts,
ideas and strategies. Come
along to discover and discuss
wellbeing in a safe and
supported space.

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

CREATIVE WRITING

Guided writing with reflective
and creative prompts to choose
from and opportunities to share
and discuss. Creative writing
also helps to improve your self
esteem, self awareness and
your overall mental health.
Sharing is optional.

When: Thurs 12:30pm-2:30pm
Where: Dome Café Gosnells

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.

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No Groups Public Holiday	No Group	10 –12pm Brain Gym 1-3pm Art Group	10-12pm Wellbeing Group 12:30-2:00m Writing Group	No Group
8	9	11	12	13
10 – 12pm Good Life Al- bum 12:30-2pm Next Steps Walking Group TBA	1pm —3pm Next Steps Swimming Cannington Leisureplex	10 –12pm Brain Gym 1-3pm Art Group	10—12pm Wellbeing Group 12:30-2:00m Writing Group	No Group
15	16	17	18	19
10 – 12pm Good Life Al- bum 12:30-2pm Next Steps Walking Group TBA	No Group	10 –12pm Brain Gym 1-3pm Art Group	10—12pm Wellbeing Group 12:30-2:00m Writing Group	No Group
22	23	24	25	26
10 – 12pm Good Life Al- bum 12:30-2pm Next Steps Walking Group TBA	1pm —3pm Next Steps Swimming Cannington Leisureplex	10 –12pm Brain Gym 1-3pm Art Group	10-12pm Wellbeing Group 12:30-2:00m Writing Group	No Group
29	30			
10 – 12pm Good Life Al- bum 12:30-2pm Next Steps Walking Group TBA	No Groups		EMERGENCY NUMBERS <ul style="list-style-type: none"> • Mental Health Emergency Response Line (MHERL) - 1300 555 788 • Crisis Care - 08 9223 1111 • Lifeline - 13 11 14 • Samaritans - 1800 198 313 	