

NEAMI PERTH COMMUNITY BASED MENTAL HEALTH SERVICE - DECEMBER

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



Special Events

19th December—Resin Workshop, Meet at the Burswood office 10am where we will create unique pendants for you to keep. Select from some pre made items to finish off and personalise. Limited Spots Available RSVP's Essential
Cost \$5

22nd December - End of Year Celebration at Rockingham Foreshore **11am to 3pm**. Meet up with consumers from other sites and share your journey through 2023. BYO money for food and drinks optional, A light lunch will be provided.

27th December —Art Gallery of WA, Meet out the front at **10am** for a tour of the galleries and a discussion of your favourite exhibits. BYO money for coffee and lunch, finished off the day with a walk around town.

29th December—Hoyts Carousel Movie Outing **11—2pm**, meet out the front of Hoyts Carousel. On the 27/12 you will receive a SMS with a Selection of 2 movies. Please reply with to us with your response and we will then advise you of the outcome. Join us on the day for day in Air Conditioned comfort to enjoy the movie and hang around for a discussion about the movie afterwards
Cost \$12

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
Cost: BYO money

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 To Be Advised (TBA)

ART

A structured art session for you to explore self expression through a creative outlet. Engagement in art 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!

In December we will continue Unhelpful Thinking Styles

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

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-1:30pm
Where: Dome Café Gosnells
Cost: BYO money for coffee

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.

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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 				1 No Groups
4	5	6	7	8
10 – 12pm Good Life Album 12:30-2pm Next Steps Walking Group TBA	No Groups	10 –12pm Art Group 1-3pm Brain Gym	10—12pm Writing Group	No Groups
11	12	13	14	15
10 – 12pm Good Life Album 12:30-2pm Next Steps Walking Group TBA	No Groups	10 –12pm Art Group 1-3pm Brain Gym	10—12pm Wellbeing Group Holiday Workshop 12:30 - 2pm Writing Group	No Groups
18	19	20	21	22
10 – 12pm Good Life Album 12:30-2pm Next Steps Walking Group TBA	10—1pm Resin Workshop Kaya Room Neami Burswood Cost \$5	10 –12pm Art Group 1-3pm Brain Gym	10—12pm Wellbeing Group	End of Year Celebration Rockingham Foreshore 10am - 3pm
25	26	27	28	29
Public Holiday	Public Holiday	10—2pm Art Gallery Of Western Australia	10—12pm Vision Boarding 2024 Aspirations 12:30-2pm Writing Group	11—2pm Movie Screening Hoyts Carousel Cost \$12