

NEAMI ROCKINGHAM

Community-based mental health service - April 2026



NEAMI ROCKINGHAM | 16/5 Goddard St, Rockingham
P: 08 9527 5547
E: rockingham@neaminational.org.au



GROUPS

MONDAY

Community Connections

TUESDAY

Let's Get Spicy & Look at Neuro Diversity

WEDNESDAY

Structured Art

THURSDAY

Rhythm to Recovery

FRIDAY

DBT Skills Mindfulness

SPECIAL EVENTS

Monthly BBQ 24/4
Pay it Forward Morning Tea 28/4

LET'S GET SPICY & LOOK AT NEURO DIVERSITY

- Lets look at the Neurodiversity
- Lets look at the Autism Spectrum
- Lets look at the 'Dys' (dyslexia, Dyscalculia, Dyspraxia)
- Lets look at the other ways people are spicy!

When: Tues 1-3pm

Where: Neami Office

RHYTHM TO RECOVERY DJEMBE STYLE

Music and sound can have profound impacts on our state of mind and studies show music is powerful enough to aid with mental health, improve cognition, and even bring some people with dementia back to their pre-dementia state...for a short time.

Introduction to beats and bringing them together
Connecting through rhythm and vibration
Games we play – trying to drum through laughter
Drumming Circles – lets create some noise!

When: Thurs 1-3pm

Where: Neami Office

STRUCTURED ART

This month in Structured Art you're invited to join us for a relaxed month of scrapbooking, where we'll explore what matters, tell stories, and reflect on the present in a creative and supportive space. We have a special week where Jodie will run a paper quilling session!

Week 1: Things That Matter

Week 2: Story in Symbols

Week 3: Origami with Monica

Week 4: The Story Behind One Photo

Week 5: Paper Quilling With Jodie

When: Wed 1-3pm

Where: Neami Office

DBT SKILLS MINDFULNESS

Learn simple DBT mindfulness skills to slow down, tune in, and stay present. Expect practical tools, gentle exercises, and ways to bring mindfulness into everyday life.

Week 1: Pressing Pause: An Introduction to Mindfulness

Week 2: Noticing on Purpose: Mindfulness in Everyday Life

Week 3: Monthly BBQ

When: Fri 1-3pm

Where: Neami Office

COMMUNITY CONNECTIONS

Community Connections is a welcoming and supportive self-care group focused on simple, practical ways to support your everyday wellbeing. Together, we explore hands-on activities that nurture mental, emotional, and physical health, while building connection and confidence in a community setting.

6/4 -No group -Public Holiday

13/4 No Group –Staff Training

20/4 Op Shopping

27/4 No Group –Public Holiday

When: Mon 1-3pm

Where: Neami Office

NEAMI ROCKINGHAM

Community-based mental health service - April 2026



SPECIAL EVENTS

Monthly BBQ 24th April 11am-1pm Rockingham Foreshore

Meet at the Rockingham Foreshore for our monthly BBQ.

Join us in a beautiful mindful location to support your social and community connection.

Pay it Forward Day Morning Tea 28th April 10am-12pm Neami Office

Let's come together in kindness, how can we pay it forward?

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Structured Art	2 Rhythm to Recovery	3 NO GROUPS PUBLIC HOLIDAY
6 NO GROUPS PUBLIC HOLIDAY	7 Lets get Spicy & look at Neuro Diversity	8 Structured Art	9 Crafternoon with Aoife	10 DBT Skills Mindfulness
13 NO GROUPS STAFF TRAINING	14 NO GROUPS STAFF TRAINING	15 Structured Art	16 Rhythm to Recovery	17 DBT Skills Mindfulness
20 Community Connection Op Shopping	21 Lets get Spicy & look at Neuro Diversity	22 Structured Art	23 Rhythm to Recovery	24 Monthly BBQ
27 NO GROUPS PUBLIC HOLIDAY	28 Lets get Spicy & look at Neuro Diversity	29 Structured Art	30	