

# NEAMI ROCKINGHAM

## Community-based mental health service - August 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard

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### GROUPS

#### MONDAY

Nutrition

#### TUESDAY

Social Anxiety

#### WEDNESDAY

Structured Art

#### THURSDAY

Men's Group

Women's Group

#### FRIDAY

Connections Group

### SPECIAL EVENTS

International Youth Day 12/08

Movie and Lunch 18/08

Monthly BBQ or Toastie and Games at the Office 29/08

Wear it Purple Day 29/08

### NUTRITION

Join us each week as we explore what it really means to eat well. From building balanced meals and smart budgeting tips to finding the best deals on ingredients. The following week, we roll up our sleeves and bring it all to life in the kitchen!

This month, we're looking at cost effective eating-Meals on a budget, Pantry power-Cooking with staples, Batch cooking, and Smart shopping.

**When:** Mon 1-3pm

**Where:** Neami Office

### SOCIAL ANXIETY

Navigating social situations can be challenging—but you're not alone. Join our supportive group designed to help you build confidence, understand personal boundaries, and develop practical tools to manage social anxiety.

Whether you're just starting your journey or looking to strengthen your skills, this group offers a safe and welcoming space to grow.

**When:** Tues 1-3pm

**Where:** Neami Office

### STRUCTURED ART

Join us this month for a vibrant mix of imagination and hands-on creativity in our Structured Art sessions! Let's get creative with layered mixed media art this month and then it's Cardboard box time.

**Weeks 1 & 2:** Layered Mixed Media Canvases

**Weeks 3 & 4:** Cardboard Art & finishing up previous projects

**When:** Wed 1-3pm

**Where:** Neami Office

### 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.

### WOMEN'S GROUP

The Every Woman Project  
Each week we'll work through one chapter of the book and explore different topics for Women's Health  
Menopause, Sexual Health, Skin Care, Hands & Nails, Body Maintenance.

**When:** Thurs 10am - 12pm

**Where:** Neami Office

### MEN'S GROUP

This Month in Men's Group:  
What does being healthy mean to you? What helps you feel best during the week? What do you do when feeling stressed or overwhelmed? Do you think it's easy for men to talk about their health- Lets start the conversation

**When:** Thurs 10am - 12pm

**Where:** Meet Dome, Kent St, Rockingham

### CONNECTIONS GROUP

This month we're going in-house, let's stay warm and cosy. We've got movies, popcorn, board games and more, come along.

**When:** Fri 11.30-1.30pm

**Where:** Neami Office

### EMERGENCY NUMBERS

- Mental Health Emergency Response Line (MHERL) - 1300 555 788
- Crisis Care - 08 9223 1111

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### SPECIAL EVENTS

#### Movie and Lunch 18 August

Watching a movie with company is beneficial to our mental health in many ways. EG Mood enhancement and stress reduction. Relaxation and emotional regulation, social connection and building relationships, motivation and personal growth, Cinema Therapy and emotional insight, and community engagement.

#### Monthly BBQ or Toastie and Games at the office 29th August 11am-2pm

Weather dependant our monthly wrap up may be in house or at the foreshore.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Connections Group
4 Nutrition	5 Social Anxiety	6 Structured Art	7 Women's Group Men's Group	8 Connections Group
11 Nutrition	12 International Youth Day Social Anxiety	13 Structured Art	14 Women's Group Men's Group	15 Connections Group
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25 Nutrition	26 Social Anxiety	27 Structured Art	28 Women's Group Men's Group	29 Monthly BBQ or Toastie and games Wear it Purple Day