

NEAMI ROCKINGHAM

Community-based mental health service - August & September 2026

NEAMI ROCKINGHAM | 16/5 Goddard St, Rockingham
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GROUPS

MONDAY

Mindfulness Mondays

WEDNESDAY

Structured Art

FRIDAY

Frugal Friday

MINDFULNESS & PHOTOGRAPHY SERIES

Join us for a two part wellbeing and creativity program.

August will focus on Mindfulness Check Ins, featuring guided meditations, reflection activities, and goal setting to help you stay centered, motivated, and focused on the week ahead.

September will introduce our Smartphone Photography Group, where we'll explore nature and everyday surroundings through weekly themed photography walks. Learn simple photography tips, practice mindfulness, connect with others, and capture beautiful moments using your phone.

What to bring in September: A smartphone with a camera and comfortable walking shoes..

When: Mon 1-3pm
Where: Neami Office

STRUCTURED ART

Join us as we get creative with hands on art activities. No art skills needed, just come as you are and enjoy the process! Use colour, shape, and imagery to express yourself while building mindfulness, confidence, and connection. Across August & September, enjoy activities like macrame, key rings, garden pots, paint pouring and tie-Dye we will even have time to work on unfinished projects.

With gentle guidance and a relaxed atmosphere, this program helps you unwind, connect, and grow, one creative step at a time.

When: Wed 1-3pm
Where: Neami Office



EMERGENCY NUMBERS

- Mental Health Emergency Response Line (MHERL) - 1300 555 788
- Crisis Care - 08 9223 1111
- Lifeline - 13 11 14
- Samaritans - 1800 198 313

FRUGAL FRIDAY & NATURE THERAPY

Join us for a two-part wellbeing and life skills program designed to support healthy, balanced living.

Frugal Fridays focus on practical ways to save money and build confidence in everyday life. Learn simple budgeting tips, affordable meal planning ideas, easy healthy recipes, and other cost-saving strategies that help you make the most of what you have.

Alongside this, enjoy Nature Therapy sessions exploring local parklands and nature reserves. Through gentle walks and time spent outdoors, you'll have the opportunity to relax, connect with nature, improve wellbeing, and enjoy the benefits of being active in a supportive group environment.

When: Fri 11am-1pm
Where: Neami Office

To Do List

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- _____
- _____

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Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monthly Goals

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- * _____
- * _____
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Notes

AFFIRMATIONS
