

NEAMI ROCKINGHAM

Community-based mental health service - December 2025



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



GROUPS

MONDAY

One Step at a Time

TUESDAY

Walking in Water

WEDNESDAY

Structured Art

THURSDAY

Mindfulness

FRIDAY

Book Club

SPECIAL EVENTS

Consumer end of Year
Celebration 11/12
Monthly BBQ 19/12

ONE STEP AT A TIME

Join us for a gentle and supportive walking group focused on mental wellbeing. Each week we'll explore a different theme through guided walks, breathing techniques, reflective discussions, and practical take-home strategies. No fitness level required—just comfortable shoes and an open mind.

Week 1: Grounding & Breath awareness

Week 2: Nature & Mindfulness

Week 3: Movement & Mood

Week 4: Reflection & Resilience

When: Mon 10-12pm

Where: Rockingham City Park

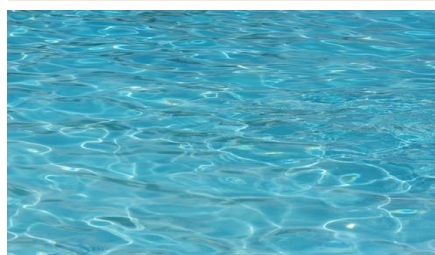
WALKING IN WATER

Water exercise has many mental health benefits. It reduces stress, promotes relaxation, & boosts mood by releasing endorphins. It improves self-esteem & body image by offering a supportive & low-impact environment. Regular water exercise enhances sleep quality & combats insomnia. It fosters social interaction & a sense of community, reducing loneliness & isolation. Additionally, water exercise enhances cognitive function, including memory, attention, & mental processing speed. Overall, water exercise can contribute to a healthier & happier mind

When: Tues 10-12pm

Where: Rockingham Aquatic Centre

61 Council Avenue,
Rockingham



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.

STRUCTURED ART

Join us this month as we get creative and prepare for the new year with fun, hands on art activities. Each week offers a fresh theme to help you reflect on 2025, set intentions for 2026, and celebrate what matters most to you.

We'll explore:

Reflect & Release – Let go of what no longer serves you|

Vision Boards – Imagine your hopes and goals for the year ahead

Affirmation Art – Create inspiring words to guide you

Gratitude & Celebration – Honour the highlights of 2025

No art skills needed, just come as you are and enjoy the process!

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

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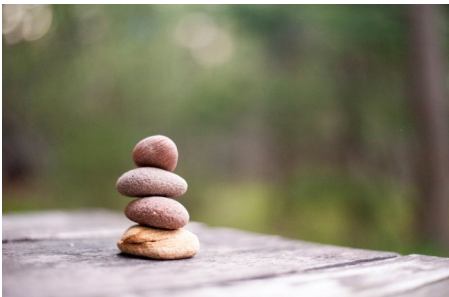


MINDFULNESS

Join us to discover more ways to be mindful.

Review a workshop, practice different mindful techniques
Using nature as a mindful tool learn about the 'amygdala hijack' – the thing that is activated when stressed or with anxiety and engage in peaceful contemplation.

When: Thurs 1-3pm
Where: Neami Office



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BOOK CLUB

Discover & Connect, Rockingham Library Book Club

Love books but not sure where to start? Join our Book Club at Rockingham Library a relaxed and welcoming space to explore a variety of books and genres available at your fingertips.

Each session is about discovering new reads, sharing recommendations, and learning how to make the most of your library membership. We'll help you:

Browse different genres and authors

Get set up with a library card

Learn how to access eBooks, audiobooks, and online resources

Connect with others who love reading

No pressure to finish a specific book, just come along, explore, and enjoy the world of stories.

When: Fri 10am-12pm
Where: Rockingham Library

OFFICE CLOSURE NOTICE

Please be advised that Neami will be closed on the following dates:

- Thursday, 18 December – Closing early at 12:00 PM
- Thursday, 25 December – Closed (Christmas Day)
- Friday, 26 December – Closed (Boxing Day)

We appreciate your understanding and wish you a safe and happy festive season.

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SPECIAL EVENTS

End of Year Celebration 11th December 10.30am-1.30pm Rockingham Foreshore

Join us to celebrate you! End of year get together for brunch. You will need to practice sun safety (hat & sunscreen) and bring a chair if you have one. If you have any food allergies, please let us know. PLEASE RSVP by 5th December.

Monthly BBQ 19th December 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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 One Step at a Time	2 Walking in Water	3 Structured Art	4 Mindfulness	5 Book Club
8 One Step at a Time	9 Walking in Water	10 Structured Art	11 End of Year Celebration	12 Book Club
15 One Step at a Time	16 Walking in Water	17 Structured Art	18 Office Closed from 12pm	19 Monthly BBQ
22 One Step at a Time	23 Walking in Water	24 Structured Art	25 Closed Public Holiday	26 Closed Public Holiday
29 One Step at a Time	30 Walking in Water	31 Structured Art	1 Closed Public Holiday	