

NEAMI ROCKINGHAM

Community-based mental health service - February 2026



NEAMI ROCKINGHAM | 16/5 Goddard St, Rockingham
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GROUPS

MONDAY

Weekly Planning & Journalling

TUESDAY

Walking in Water

WEDNESDAY

Structured Art

THURSDAY

Building Boundaries

FRIDAY

Book Club

SPECIAL EVENTS

Heart Valve Awareness 16/2
Monthly BBQ 27/2

WEEKLY PLANNING & JOURNALLING

Let's turn your aspirations into accomplishments together. Join us for a guided journaling experience designed to bring clarity, reflection, and intention to your week.

Each week through thoughtful prompts and mindful writing, you'll explore your thoughts, uncover insights, and reconnect with what truly matters to you. Together, we'll create space for self-awareness, presence, and a more meaningful journey through your week.

When: Mon 1-3pm
Where: Neami Office

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 9am-11am
Where: Kwinana Pools
40-46 Mears Rd

STRUCTURED ART

Join us this month as we get creative and prepare for the new year with fun, hands on art activities. No art skills needed, just come as you are and enjoy the process!

Clay & Hand on Making
Love and Kindness Art
Paint Without Pressure
Relaxed Colour & Create

When: Wed 1-3pm
Where: Neami Office

BUILDING BOUNDARIES

Explore what healthy boundaries look like in everyday relationships. Learn practical tools to communicate your needs with confidence and clarity. Strengthen your sense of self while respecting others. Create space for personal growth, safety, and emotional wellbeing. Topics covered include:

- Introduction to boundaries and where do they come from.
- Boundary Types – Physical, Emotional and Verbal
- Boundary Types – Time, Material, circles of trust
- Understanding, Setting Boundaries and Overcoming Boundary Challenges.

When: Thurs 10-12pm
Where: Neami Office

BOOK CLUB

A relaxed and supportive group where participants read their own chosen books and come together to share reflections, ideas, and interests. The focus is on connection, routine, and enjoyment through conversation rather than reading the same material.

Introductions & Book Sharing
Themes & Interests
Reflection & Connection
Wrap Up & Look Ahead

When: Fri 10-12pm
Where: Rockingham Library

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SPECIAL EVENTS

Heart Valve Awareness 16th February 10.30am-11.30am Neami Office

Healthy morning tea – be pleasantly surprised by alternative snacks.

Monthly BBQ 27th February 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
2 Weekly Planning & Journalling	3 Walking in Water	4 Structured Art	5 Building Boundaries	6 Book Club
9 Weekly Planning & Journalling	10 Walking in Water	11 Structured Art	12 Building Boundaries	13 Book Club
16 Heart Valve Awareness	17 Walking in Water	18 Structured Art	19 Building Boundaries	20 Book Club
23 Weekly Planning & Journalling	24 Walking in Water	25 Structured Art	26 Building Boundaries	27 Monthly BBQ