

# NEAMI ROCKINGHAM

## Community-based mental health service - January 2026

NEAMI ROCKINGHAM | 16/5 Goddard St, Rockingham  
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### GROUPS

#### MONDAY

One Step at a Time

#### TUESDAY

Walking in Water

#### WEDNESDAY

Structured Art

#### THURSDAY

Women's Group

#### FRIDAY

Goal Setter

### SPECIAL EVENTS

Monthly BBQ 30/1

### 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.

Grounding & Breath Awareness  
Sensory Stroll In Nature  
Mindful Posture & Flow  
Strength & Stability

**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 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!

Partner Portrait Party  
Art Telephone Challenge  
Colour Block Canvas  
Mandala & Pattern Design

**When:** Wed 1-3pm  
**Where:** Neami Office

### WOMEN'S GROUP

Join us each week for a warm, welcoming space where we dive into the unique challenges and powerful influences that shape women's health and wellbeing. This month we'll be looking at our plans and hopes for the coming year:

Picture Journalling  
Secret Women's Business  
Group Planning for the year  
Self Care and Self Love

**When:** Thurs 10-12pm  
**Where:** Neami Office

### GOAL SETTER

Steps Toward Your Goals: A Practical Goal-Setting Workshop

Ready to identify meaningful goals, break them into achievable steps, and build confidence in taking action? Then our Goal setter group has your name on it!

SMART Goals  
Wellness Wheel Check-in  
Personal S.W.O.T Analysis  
"One, Some, Many" Goal Setting Activity

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

### EMERGENCY NUMBERS

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

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### SPECIAL EVENTS

#### Monthly BBQ 30th January 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 Closed for Public Holiday	2 Goal Setter
5 One Step at a Time	6 Walking in Water	7 Structured Art	8 Women's Group	9 Goal Setter
12 One Step at a Time	13 Walking in Water	14 Structured Art	15 Women's Group	16 Goal Setter
19 One Step at a Time	20 Walking in Water	21 Structured Art	22 Women's Group	23 Goal Setter
26 Closed for Public Holiday	27 Walking in Water	28 Structured Art	29 Women's Group	30 Monthly BBQ