

NEAMI ROCKINGHAM

Community-based mental health service - July 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard

P: 08 95275547

E: rockingham@neaminational.org.au

 **neami**
national
Improving Mental Health
and Wellbeing



GROUPS

MONDAY

Nutrition

TUESDAY

Yoga and Meditation

WEDNESDAY

Social Anxiety– Boundaries
Structured Art

THURSDAY

Men's Group
Women's Group

FRIDAY

Connections Group

SPECIAL EVENTS

NAIDOC Event 10/7

Diabetes Awareness &
Education 14/7

WA Museum Boola Bardip 17/7

Monthly Sausage Sizzle 25/7

YOGA AND MEDITATION

We're excited to offer a special opportunity for consumers to join a calming and revitalizing yoga and meditation group, led by professional yoga instructor Meg!

This is a fantastic chance to unwind, reconnect and build mindfulness in a supportive trauma informed environment.

Spots are limited, so be sure to speak with your key worker to reserve your place ASAP

When: Tues 1-3pm

Where: Rockingham Library



SOCIAL ANXIETY BOUNDARIES

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: Wed 10am-12pm

Where: Neami Office

NUTRITION

This month, we're spicing things up with a journey through global cuisines, learning how to read food labels like a pro, navigating a real-world shopping experience, brushing up on kitchen safety, and whipping up delicious 6-minute meals. It's hands-on, it's tasty, and it's all about making healthy eating fun and accessible.

When: Mon 1-3pm

Where: Neami Office

STRUCTURED ART

Join us for creativity, fun and laughs in Structured Art.

Weeks 1 & 2 Creating Gratitude Coasters

Weeks 3 & 4 Build your own mini Terrariums

Week 5 finish all unfinished projects

When: Wed 1-3pm

Where: Neami Office



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

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

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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MEN'S GROUP

This Month in Men's group:
Winter Wellness: How the colder months affect Men's Health.

understanding SAD: Seasonal Affective Disorder and how to manage it.

Budget Friendly Tips: Keeping winter power bills low.

Hearty & Healthy: Nutritious meals to warm you up.

Rainy Day Fitness: Staying active without the gym or sunshine.

Lets talk, learn and support each other, because your health matters!

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

CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm
Phone 9527 5547
rockingham@neaminational.org.au

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SPECIAL EVENTS

NAIDOC Event 10th July 10am-12.30pm

Join us this NAIDOC Week- for a special celebration! We're hosting an indigenous movie screening and of course freshly made damper for everyone to enjoy. It's a wonderful opportunity to come together, learn and celebrate Aboriginal and Torres Strait Islander cultures, we can't wait to see you there.

Diabetes Awareness & Education 14th July 10am-11am

Morning tea – Diabetes Educator as Guest speaker

Visit WA Museum Boola Bardip 17th July 10am-2-3pm

Utilising Public Transport. Meet at Rockingham Train Station at 10am. Returning to Rockingham between 2-3pm. For those who struggle to get to the train station can meet at the Neami offices by 9.30am (3 seats available in the car)

Monthly Sausage Sizzle 25th July 11am-2pm

Meet at the foreshore for our monthly BBQ (Weather Dependant)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yoga and Meditation	2 Social Anxiety– Boundaries Structured Art	3 Men's Group Women's Group	4 Connections Group
7 Nutrition	8 Yoga and Meditation	9 Social Anxiety– Boundaries Structured Art	10 NAIDOC Event	11 Connections Group
14 Diabetes Awareness & Education Nutrition	15 Yoga and Meditation	16 Social Anxiety– Boundaries Structured Art	17 WA Museum Boola Bardip	18 Connections Group
21 Nutrition	22 Yoga and Meditation	23 Social Anxiety– Boundaries Structured Art	24 Men's Group Women's Group	25 Monthly Sausage Sizzle
28 Nutrition	29 Yoga and Meditation	30 Social Anxiety– Boundaries Structured Art	31 Men's Group Women's Group	