

NEAMI ROCKINGHAM

Community-based mental health service - June 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard
P: 08 95275547
E: rockingham@neaminational.org.au



GROUPS

MONDAY
Nutrition

TUESDAY
Positive Behaviour Skills Group
Young Adults/ Next Gen Group (Fortnightly)
Self Esteem (Fortnightly)

WEDNESDAY
Walking and Social Anxiety
Structured Art

THURSDAY
Men's Group
Women's Group
Nutrition

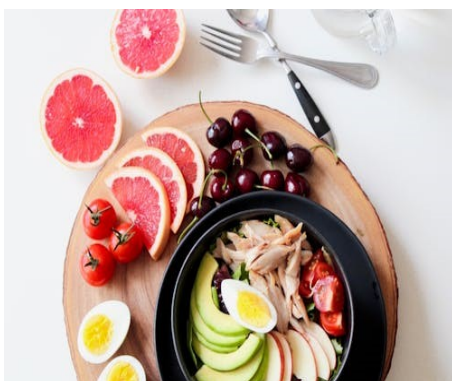
FRIDAY
NESS Program
Community Connections

SPECIAL EVENTS

Mens Group Event
Visit WA Museum Boola Bardip
12/6

Zone Bowling 19/6

Monthly Sausage Sizzle 27/6



NUTRITION

Let's look at Nutrition and Healthy Eating. Each week we look into what a healthy meal is, budgeting and where to buy ingredients. The following we come together to prepare and cook the ingredients.

When: Mon 1-3pm
Where: Neami Office



POSITIVE BEHAVIOUR SKILLS

This is a closed group focusing on Dialectical Behaviour Therapy (DBT) skills. Participants will need to approach their support worker if they wish to join. Topics covered include: Social Skills, Mindfulness, Emotional Regulation, Distress Tolerance, and Interpersonal Effectiveness.

When: Tues 10am-12pm (Fortnightly) 10th, 24th June
Where: Rockingham Library

YOUNG ADULTS/ NEXT GEN

Are you under 35, looking for a supportive community environment? We want to hear from you! Help us design a group that meets your needs, values and interests. Come along to our planning session. Open to 18-35 year olds.

When: Tues 10th, 24th 1-3pm
Where: Neami Office

SELF ESTEEM

Low self esteem is having a generally negative overall opinion of oneself, judging or evaluating oneself negatively, and placing a general negative value on oneself as a person. Either way, the good news is that you can take steps towards developing more healthy self esteem.

When: Tues 3rd, 17th 1-3pm
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 own strengths, values and goals.

EMERGENCY NUMBERS

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

NEAMI ROCKINGHAM

Community-based mental health service - June 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard
P: 08 95275547
E: rockingham@neaminational.org.au



WALKING & SOCIAL ANXIETY

A little movement is good for us, we all know this, but did you know walking releases good endorphins, strengthens bone density and supports your heart and lungs through the cardiovascular system.

Walking is also a good space to challenge social anxiety in a safe way with others. You get the chance to put into practice your tools and learn new mechanisms for coping.

When: Wed 10am-12pm
Where: Foreshore/
Rockingham Centre. Weather
Dependant

STRUCTURED ART

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

This month we're creating mandala's week one and two, then quirky and cool key rings in week three, with week four being time to finish up any unfinished projects

When: Wed 1-3pm
Where: Neami Office

CONTACT NEAMI

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

MEN'S GROUP

This month in Men's Group: Men's Health in the winter months; SAD-Seasonal Affective Disorder; Cost effective ways to keep those winter power bills down; Hearty Healthy foods for winter; it's raining, and I can't go outside to exercise, ways to maintain or improve health without hitting the gym.

When: Thurs 10am - 12pm
Where: Meet Dome, Kent St, Rockingham

WOMEN'S GROUP

Join us for a month of empowering events, focused on Self Love. This month in Women's Group we'll be looking into Self Care, starting with a Self-Love Letter, a Personal Strength Inventory, Affirmation Cards, Self Love Journal and Wrapping Up unfinished projects or an event TBA

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



NESS PROGRAM

NESS empowers participants to build confidence, resilience, and essential employment skills. Through interactive workshops and self-paced online learning, NESS equips individuals with strategies to manage mental health while navigating the workforce.

When: Fri 10am-12pm
6th, 13th & 20th
Where: Neami Office

COMMUNITY CONNECTIONS

Join us at the foreshore to build our connections with each other as well as the community at large. BYO lunch or meat for the BBQ

When: Fri 11.30-1.30pm
Where: TBA Weather Depend-
ant

EMERGENCY NUMBERS

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

NEAMI ROCKINGHAM

Community-based mental health service - June 2025



SPECIAL EVENTS

Men's Group Event—Visit WA Museum Boola Bardip 12th June 10am-2-3pm

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

Zone Bowling 19th June 10am

Meet us for a game at Zone Bowling. Consumer cost is \$2 and deposit needs to be paid by 16th June

Monthly Sausage Sizzle 27th June 11am-2pm

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO GROUP PUBLIC HOLIDAY	3 Self Esteem	4 Walking & Social Anxiety Structured Art	5 Men's Group Women's Group	6 NESS Program Community Connections
9 Nutrition	10 Young Adults Positive Behaviour Skills	11 Walking & Social Anxiety Structured Art	12 Men's Group Women's Group	13 NESS Program Community Connections
16 Nutrition	17 Self Esteem	18 Walking & Social Anxiety Structured Art	19 Zone Bowling	20 NESS Program Community Connections
23 Nutrition	24 Young Adults Positive Behaviour Skills	25 Walking & Social Anxiety Structured Art	26 Men's Group Women's Group	27 Monthly Sausage Sizzle
30 Nutrition				