

# NEAMI ROCKINGHAM

## Community-based mental health service - June & July 2026



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

**MONDAY**  
Mindfulness Mondays

**WEDNESDAY**  
Structured Art

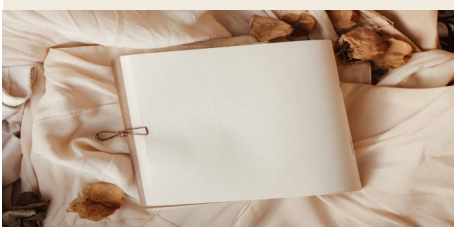
**FRIDAY**  
Frugal Friday

#### MINDFULNESS MONDAYS

Join us for short, guided meditations and mindfulness activities that gently ground you before creating space to reflect on the week ahead. Together, we'll review your upcoming priorities, set inspiring and achievable goals, and develop clear, effective plans to keep you focused.

Each session offers a supportive environment with guidance, encouragement, and accountability, helping you stay on track and turn your aspirations into meaningful accomplishments. Start your week feeling centred, motivated, and ready to move forward with intention.

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



#### STRUCTURED ART

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

Use colour, shape, and imagery to express yourself while building mindfulness, confidence, and connection. Across June and July, enjoy activities like mug painting, dream catchers, mosaic art, affirmation jars, friendship bracelets, cultural art and more, with time to finish projects.

With gentle guidance and a relaxed atmosphere, this program helps you unwind, connect, and grow, one creative step at a time.

**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

#### FRUGAL FRIDAY

Build practical skills for everyday living in a fun and supportive space. Learn tips for budgeting, planning affordable meals, cooking simple healthy dishes, and making homemade cleaning products to use around the home. Frugal Friday is all about gaining confidence, saving money, and discovering easy ways to make the most of what you have.

**When: Fri 11am-1pm**  
**Where: Neami Office**



#### To Do List

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### Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

#### Monthly Goals

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#### Notes

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#### AFFIRMATIONS

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