

NEAMI ROCKINGHAM

Community-based mental health service - March 2026



NEAMI ROCKINGHAM | 16/5 Goddard St, Rockingham
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GROUPS

MONDAY
Navigating Interpersonal Challenges

TUESDAY
Tai Chi

WEDNESDAY
Structured Art

THURSDAY
Mindfulness

FRIDAY
Food for Thought

SPECIAL EVENTS
Monthly BBQ 27/3

TAI CHI

Practicing Tai Chi activates neural pathways in the brain and the development of new pathways. It supports mental well-being by reducing stress including helping to low cortisol levels. Studies have identified improvements in memory and cognition. Tai Chi is much like mindfulness in movement.

When: Tues 1-3pm
Where: Neami Office

MINDFULNESS

Learn how your body and mind connect to give early warning signs of discomfort or feeling unsafe. Practical ways to bring mindfulness into your daily life, it's not just meditating – join us to find out how else we can practice mindfulness.

When: Thurs 10-12pm
Where: Neami Office



NAVIGATING INTERPERSONAL CHALLENGES

Join us for a supportive and practical group designed to help you navigate the everyday challenges of relating to others. Each session explores helpful skills around communication, managing anger, coping with stress, understanding grief, and building healthier relationships. We'll use simple tools and evidence-based strategies to build confidence and improve interpersonal well-being. No skills required, just bring yourself and a willingness to learn alongside others in a supportive environment.

When: Mon 1-3pm
Where: Neami Office



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!

Tree of Life
Mindful Mark Making + Emotional Wheel
Art Olympics
The Quiet Art Cafe

When: Wed 1-3pm
Where: Neami Office

FOOD FOR THOUGHT

Join us as we explore Food for thought, learn how to eat nutritionally on a budget to support your health. Together we will explore simple, affordable food choices and increase your nutritional knowledge to support your body and mind.

Intro to Nutrition & Why it Matters
Tasty Takeaways Made at Home
Healthy Breakfast (Pancakes)
Monthly BBQ

When: Fri 1-3pm
Where: Neami Office

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SPECIAL EVENTS

Monthly BBQ 27th March 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 PUBLIC HOLIDAY	3 Tai Chi	4 Structured Art	5 Mindfulness	6 Food for Thought
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