

NEAMI ROCKINGHAM

Community-based mental health service - May 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard

P: 08 95275547

E: rockingham@neaminational.org.au



GROUPS

MONDAY

Walking Group

TUESDAY

Positive Behaviour Skills Group
Young Adults/ Next Gen Group (Fortnightly)
Challenging unhelpful thinking styles (Fortnightly)

WEDNESDAY

Structured Art

THURSDAY

Men's Group
Women's Group
Nutrition

FRIDAY

Community Connections

SPECIAL EVENTS

National Heart Week Morning Tea 9th May
Australia's Biggest Morning Tea 22nd May
Monthly Sausage Sizzle 30th May

WALKING GROUP

Walking group is back. This month join us for walking at Rockingham foreshore, with a leisurely stroll down to a local Cafe.

When: Mon 1-3pm

Where: Rockingham Foreshore



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) 13th, 27th May

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 13th & 27th 1-3pm

Where: Neami Office

CHALLENGING UNHELPFUL THINKING STYLES

Join us for an enlightening month on challenging unhelpful thinking styles!

Learn practical techniques to identify and transform negative thoughts into positive, empowering ones. This workshop will provide you with the tools to enhance your mental well-being and boost your confidence

When: Tues 6th & 20th 1-3pm

Where: Neami Office

STRUCTURED ART

Join us for a creativity and fun with our exciting workshops

7/5 Memory Jar, capture your precious memories in a beautiful memory jar.

14/5 Origami, Dive into the art of paper folding and create stunning origami pieces.

21/5 Origami continues

28/5 Finishing off projects, bring your unfinished projects and get the support you need to complete them.

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

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 **neami**
national
Improving Mental Health
and Wellbeing



WOMEN'S GROUP

Join us for a series of engaging and empowering events focused on women's issues, challenges and specific influences on women's health. Here's what's coming up:

1/5 Weight Training: discover the benefits of weight training and how it can enhance your physical and mental well-being.

8/5 Mothers Day High Tea

15/5 Textured painting: Unleash your creativity with a textured painting workshop, designed to inspire and relax.

29/5 Body Scrubs: Learn the benefits of body scrubs and take a jar home that will leave your skin feeling rejuvenated and refreshed.

When: Thurs 10am - 12pm

Where: Neami Office



CONTACT NEAMI

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

MEN'S GROUP

A safe space for men to grab a coffee, discuss Men's mental and physical health, and the challenges they face in today's society.

When: Thurs 10am - 12pm

Where: Meet Dome, Kent St, Rockingham



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: Thurs 1-3pm

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: Rockingham Foreshore

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SPECIAL EVENTS

National Heart Week Morning Tea 9th May 10am-2pm

Join us at the foreshore for a Morning Tea and info session for National Heart Week.

Australia's Biggest Morning Tea 22nd May 10am-12pm

Join us at the foreshore for a Morning Tea

Monthly Sausage Sizzle 30th May 10am-2pm

Meet at the foreshore for our monthly BBQ

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Men's Group Women's Group Nutrition Group	2 Connections Group
5 Walking Group	6 Challenging Un- helpful Thinking Styles	7 Structured Art	8 Men's Group Women's Group Nutrition Group	9 National Heart Week Morning Tea
12 Walking Group	13 Positive Behav- iour Change Young Adults/ Next gen	14 Structured Art	15 Men's Group Women's Group Nutrition Group	16 Connections Group
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26 Walking Group	27 Positive Behav- iour Change Young Adults/ Next gen	28 Structured Art	29 Men's Group Women's Group Nutrition Group	30 Monthly Sausage Sizzle