

NEAMI ROCKINGHAM

Community-based mental health service - November 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard
P: 08 95275547
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GROUPS

MONDAY

One Step at a Time

TUESDAY

Building Better Boundaries

WEDNESDAY

Structured Art

THURSDAY

Women's Group

FRIDAY

Distress Tolerance

SPECIAL EVENTS

National Skin Cancer Action
Week 20/11
Monthly BBQ 28/11

ONE STEP AT A TIME

Join us for a gentle and supportive walking group focused on mental wellbeing. Each week we'll explore a different theme through guided walks, breathing techniques, reflective discussions, and practical take-home strategies. No fitness level required—just comfortable shoes and an open mind.

Week 1: Grounding & Breath awareness

Week 2: Nature & Mindfulness

Week 3: Movement & Mood

Week 4: Reflection & Resilience

When: Mon 10-12pm

Where: Rockingham City Park

BUILDING BETTER BOUNDARIES

Explore what healthy boundaries look like in everyday relationships. Learn practical tools to communicate your needs with confidence and clarity. Strengthen your sense of self while respecting others. Create space for personal growth, safety, and emotional wellbeing.

Week 1: Introduction to boundaries and where do they come from.

Week 2: Boundary Types 1 & 2

Week 3: Boundary Types 3

Week 4: Understanding, Setting Boundaries and Overcoming Boundary Challenges.

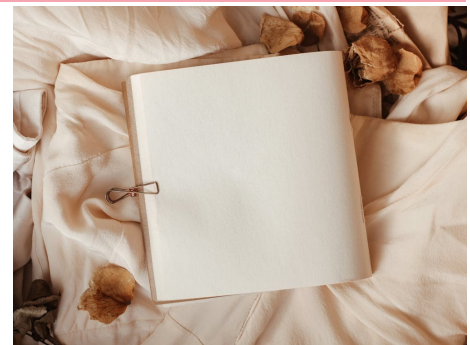
When: Tues 1-3pm

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.



STRUCTURED ART

In Structured Art this month we will be creating a mental health art journal that blends creativity with emotional wellbeing. Through guided prompts and expressive art, the journal offers a safe space for reflection, healing, and connection. Plus, we'll be making some beautiful take-home keepsakes to inspire and uplift you beyond the group

Week 1: Present & Future Self

Week 2: Emotional First Aid Kit

Week 3: Windows & Doors

Week 4: The Light Within

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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WOMEN'S GROUP

Join us each week in a nurturing space where we explore the essence of feminine energy, awakening intuition, embracing self-care, expressing creativity, and deepening connection. Through reflection, movement, and shared wisdom, we'll reconnect with the powerful, gentle force that lives within each of us.

Week 1: The Awakening – Understanding Your Feminine Energy.

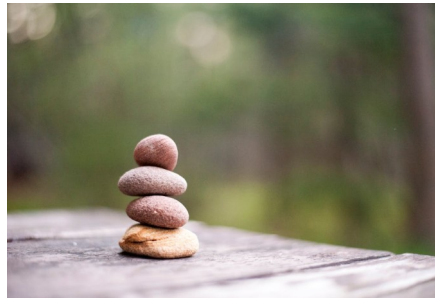
Week 2: The Nurturer – Rest, Boundaries & Self Care.

Week 3: The Creatrix – Flow, Expression, & Joy.

Week 4: The Sisterhood – Connection, Celebration & Reflection.

Let's talk, listen, and grow together.

When: Thurs 10am - 12pm
Where: San Churro's Rockingham



DISTRESS TOLERANCE

Distress tolerance plays an important part in our ability to adapt to changing situations, especially when we have little to no control over these changes. Learning to sit with discomfort and emotional distress allows people to recognise and develop strategies to manage distress as well as build emotional resilience.

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

It's National Skin Cancer Action Week!

Don't let the sun catch you off guard.



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SPECIAL EVENTS

National Skin Cancer Action Week 20th November 10-12pm Rockingham Foreshore

Meet at the Rockingham Foreshore, discuss ways to identify changing skin conditions. Preventable measures and checking UV indexes for safe sun exposure. Morning tea provided.

Monthly BBQ 28th November 11am-1pm Rockingham Foreshore

Join us in a beautiful mindful location to support your social and community connection.

Monday	Tuesday	Wednesday	Thursday	Friday
3 One Step at a Time	4 Building Better Boundaries	5 Structured Art	6 Women's Group	7 Distress Tolerance
10 One Step at a Time	11 Building Better Boundaries	12 Structured Art	13 Women's Group	14 Distress Tolerance
17 One Step at a Time	18 Building Better Boundaries	19 Structured Art	20 National Skin Cancer Action Week	21 Distress Tolerance
24 One Step at a Time	25 Building Better Boundaries	26 Structured Art	27 Women's Group	28 Monthly BBQ