

NEAMI ROCKINGHAM

Community-based mental health service - October 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard

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 **neami**
national
Improving Mental Health
and Wellbeing



GROUPS

MONDAY

Better Sleep, Better You

TUESDAY

Nutrition

WEDNESDAY

Structured Art

THURSDAY

Men's Group

Women's Group

FRIDAY

Forward Focused

SPECIAL EVENTS

Wellness Wednesday 1/10

Monthly BBQ 31/10

BETTER SLEEP, BETTER YOU

Struggling with sleep?

Join us for a practical and supportive month focused on improving sleep quality and routine. Learn about sleep hygiene, explore common sleep disruptors, and discover evidence-based strategies to help you get better rest. Each group will include interactive worksheets, discussion, and take-home tips to support your wellbeing.

Week 1: Facts about sleep

Week 2: Sleep Disruptors

Week 3: Sleep Hygiene

Week 4: Imagery rescripting

When: Mon 1-3pm

Where: Neami Office

NUTRITION

Welcome to our Spring Nutrition Group series, where we're celebrating the season with four weeks of easy, affordable, and diabetic-friendly recipes—all designed to support mental health and wellbeing.

Each week, we'll explore a new theme that connects food with mood, energy, and empowerment. Using just an electric fry pan and air fryer, we'll prepare meals that are not only nutritious and budget-conscious, but also enjoyable and satisfying.

Week 1: Nourish to Flourish

Week 2: Crunch and Calm

Week 3: Strength and Simplicity

Week 4: Bright Bites for Balance

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: No group, see special events

Week 2: Finishing off Projects

Week 3: Self-Portrait with a Twist

Week 4: Worry Jar

Week 5: Timeline of Triumphs

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 for a warm, welcoming space where we dive into the unique challenges and powerful influences that shape women's health and wellbeing.

Week 1: Self-care -making your own body scrubs

Week 2: Mindfulness – learning grounding exercises.

Week 3: Bone and joint health

Week 4: Nutrients for women – making breakfast bowl.

Week 5: Chair Yoga.

Let's talk, listen, and grow together.

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



MEN'S GROUP

A safe and welcoming space for men to come together, grab a coffee, and talk openly about mental and physical health, and the unique challenges faced in today's world.

Each week, we explore a different aspect of men's health—offering practical tips, shared experiences, and real support.

Week 1: Embracing Vulnerability

Week 2: Navigating Change

Week 3: The Powers of Routine

Week 4: Healthy Masculinity

Week 5: Finding Joy in Everyday

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

FORWARD FOCUSED

This group is about looking ahead and setting goals that matter to you. We'll focus on small, achievable steps that build confidence and support your wellbeing. You don't need to have it all figured out — just a willingness to explore what's next and take one step at a time. Let's work together to create a future that feels hopeful and doable. As we work on Wellness in 8 Dimensions.

Week 1: Emotional wellness

Week 2: Financial Wellness

Week 3: Social Wellness

Week 4: Occupational Wellness

Week 5: Review and Wrap Up the Month

When: Fri 11.30-1.30pm
Where: Neami Office

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SPECIAL EVENTS

Wellness Wednesday 1st October 10am-2pm

Please join us for mental health and wellbeing event on the Mandurah Eastern Foreshore.

The event is part of WA Mental Health Week which aims to promote effective techniques to keep people mentally healthy. The theme is 'Empowering Communities, Thriving Workforces: A Journey Towards Investing in our Mental Health.

The event will feature a range of activities and a variety of entertainment for the whole family to enjoy. Over 50 local services will be participating, offering information, resources, kid's activities and merchandise.

Join us to take the train – Meeting at Rockingham Train Station 10am. Return trip: back in Rockingham by 230pm.

Monthly BBQ 31st October 11am-2pm Rockingham Foreshore

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Wellness Wednesday	2 Men's Group Women's Group	3 Forward Focused
6 Better Sleep, Better You	7 Nutrition	8 Structured Art	9 Men's Group Women's Group	10 Forward Focused
13 Better Sleep, Better You	14 Nutrition	15 Structured Art	16 Men's Group Women's Group	17 Forward Focused
20 Better Sleep, Better You	21 Nutrition	22 Structured Art	23 Men's Group Women's Group	24 Forward Focused
27 Better Sleep, Better You	28 Nutrition	29 Structured Art	30 Men's Group Women's Group	31 Monthly BBQ