

# NEAMI ROCKINGHAM

## Community-based mental health service - September 2025

NEAMI ROCKINGHAM | 4 Civic Boulevard

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 **neami**  
national  
Improving Mental Health  
and Wellbeing



### GROUPS

#### MONDAY

Nutrition

#### TUESDAY

Social Anxiety

#### WEDNESDAY

Structured Art

#### THURSDAY

Men's Group

Women's Group

#### FRIDAY

Forward Focused

### SPECIAL EVENTS

Monthly BBQ or Toastie and Games at the Office 26/9

### SOCIAL ANXIETY

Navigating social situations can be challenging—but you're not alone. Join our supportive group designed to help you build confidence, understand personal boundaries, and develop practical tools to manage social anxiety.

**Week 1:** Progressive Muscle Relaxation, Improving How You Feel, Thinking & Feeling

**Week 2:** Changing Your Thinking, Analysing your Thinking

**Week 3:** Unhelpful Thinking Styles, What are Core Beliefs

**Week 4:** Situational Exposure, What are Safety are Safety Behaviours

**Week 5:** Staying Healthy and Wrapping up the Months Content.

**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

**Week 1:** Emotional Wheel Painting

**Week 2:** Gratitude Tree

**Week 3:** Strength Shield

**Week 4:** What lifts me up hot air balloon

PLEASE NOTE TIME CHANGE FOR SEPTEMBER

**When:** Wed 10am-12pm

**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

### NUTRITION

Join us each week as we explore what it really means to eat well. From building balanced meals and smart budgeting tips to finding the best deals on ingredients. The following week, we roll up our sleeves and bring it all to life in the kitchen!

**Week 1:** Smart carbs for stable moods & blood sugar

**Week 2 :** Mood boosting meals on a budget

**Week 3 :** Protein power for mental clarity

**Week 4 :** Healthy fats for brain and body

**Week 5 :** Vitamins, Are you getting enough?

**When:** Mon 1-3pm

**Where:** Neami Office

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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

**Week 2:** RU OK day Morning Tea

**Week 3:** Mindfulness

**Week 4:** Menopause

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:** The pressure to be "Strong",

**Week 2:** Building healthy relationships, RU OK Day Morning Tea

**Week 3:** Coping with Stress and Anger,

**Week 4:** Finding purpose and motivation

**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:** Physical Wellness

**Week 2:** Intellectual Wellness

**Week 3:** Environmental Wellness

**Week 4:** Emotional Wellness

**When:** Fri 11.30-1.30pm

**Where:** Neami Office

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### SPECIAL EVENTS

**Monthly BBQ or Toastie and Games at the office 26th September 11am-2pm**

Weather dependant our monthly wrap up may be in house or at the foreshore.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Nutrition Group	2 Social Anxiety	3 Structured Art	4 Men's Group Woman's Group	5 Forward Focused
8 Nutrition Group	9 Social Anxiety	10 Structured Art	11 Men's Group Woman's Group	12 Forward Focused
15 Nutrition Group	16 Social Anxiety	17 Structured Art	18 Men's Group Woman's Group	19 Forward Focused
22 Nutrition Group	23 Social Anxiety	24 Structured Art	25 Men's Group Woman's Group	26 Monthly BBQ
29 Nutrition Group	30 Social Anxiety			