

NEAMI ROCKINGHAM COMMUNITY BASED MENTAL HEALTH SERVICE - APRIL

NEAMI ROCKINGHAM | 4 Civic Boulevard
P: 08 9527 5547



GROUPS

MONDAY

Green Fingers

TUESDAY

Relaxation & Meditation

WEDNESDAY

Structured Art

THURSDAY

Men's Group
Changing Behaviours

FRIDAY

Weekly Wrap Up - Walking
Group

SPECIAL EVENTS

Movie Day 3/4
World Health Day 11/4
Kings Park 18/4

GREEN FINGERS

Discover the calming power of nurturing life as you are introduced to the fundamentals of gardening in a supportive, stress-free environment. Over 4 weeks develop practical skills to care for your own take-home herb garden, sow seeds to grow edibles and cultivate plants from cuttings.

When: Mon 1-3pm
Where: Rockingham Library



RELAXATION & MINDFULNESS

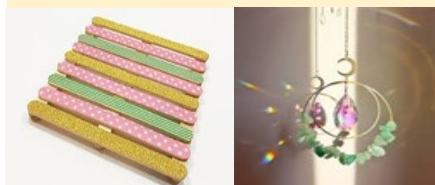
Join our relaxation and meditation group to find inner peace and calm. Discover effective techniques to manage stress and improve mental well-being. Take a step towards a healthier mind today!

When: Tues 1-3pm
Where: Rockingham

STRUCTURED ART

Join us in transforming humble pop-sticks into stunning, artistic handcrafted coasters, and our creative flock will turn simple pop-sticks into charming bird feeders that will bring nature right to your yard. The final Wednesday of April we invite you to craft exquisite suncatchers from the simplest of beads, transforming them into radiant pieces of art that capture the sun's glow.

When: Wed 1-3pm
Where: Rockingham Library



MEN'S GROUP

Meet for coffee and a chat to discuss Men's mental health and the challenges we face in today's society.

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

CHANGING BEHAVIOURS

Here we foster a supportive environment to explore and transform your habits and thought patterns. Together, we empower each other to embrace positive change and enhance our mental well-being. Join us in this journey of self-discovery and growth. Together, we can make a difference in our lives!

When: Thurs 1-3pm
Where: Rockingham Library

WEEKLY WRAP UP WALKING GROUP

Let's wrap up the week with some simple healthy exercise, chat and coffee to take you into the weekend. Engaging in regular walks not only improves cardiovascular health and helps maintain a healthy weight but also boosts mood.

When: Fri 10am-12pm
**Where: Foreshore/
Rockingham Shopping Centre
(weather dependent)**

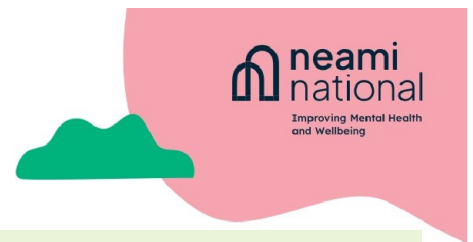
CONTACT NEAMI

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

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.

NEAMI ROCKINGHAM COMMUNITY BASED MENTAL HEALTH SERVICE APRIL



SPECIAL EVENT

Movie Day: Wed 3rd April at United Cinemas 9.30 am sharp, movie to be decided on the day (cost \$5). Followed by lunch at the Food Hall at Rockingham shops (at your cost).

World Health Day: Thurs 11th April 10am -12pm

The right to the highest attainable standard of physical and mental health is enshrined in several international legal instruments including the International Covenant on Economic, Social and Cultural Rights. It includes freedoms and entitlements. Freedoms include the right to control one’s health and body (for example, sexual and reproductive rights) and to be free from interference (for example, free from torture and non-consensual medical treatment and experimentation, particularly relevant for persons with disabilities). Entitlements include the right to access quality health services without any discrimination.

We will be providing information on free or low-cost health service providers within the Peel region.

Kings Park: 18th 9.30am sharp – 2.30pm Cost: Free

RSVP as places in the van are limited, otherwise you are welcome to make your own way there.

Come and enjoy the idyllic surrounds of Kings Park overlooking the city and wandering through the spectacular native gardens to assist in strengthening your mental wellbeing. Afterwards enjoy a free picnic lunch in the grounds of the park.

Please advise if you have special dietary requirements.

Remember to be Sun-safe and stay hydrated.

Monday	Tuesday	Wednesday	Thursday	Friday
1 PUBLIC HOLIDAY	2 Relaxation & Meditation	3 MOVIE DAY	4 Men’s Group Changing Behaviours	5 Weekly Wrap Up Walking Group
8 Green Fingers	9 Relaxation & Meditation	10 Structured Art	11 WORLD HEALTH DAY Changing Behaviours	12 Weekly Wrap Up Walking Group
15 Green Fingers	16 Relaxation & Meditation	17 Structured Art	18 KINGS PARK	19 Weekly Wrap Up Walking Group
22 Green Fingers	23 Relaxation & Meditation	24 Structured Art	25 PUBLIC HOLIDAY	26 Weekly Wrap Up Walking Group
29 Green Fingers	30 Relaxation & Meditation			