

# NEAMI ROCKINGHAM COMMUNITY BASED MENTAL HEALTH SERVICE - DECEMBER

NEAMI ROCKINGHAM | 4 Civic Boulevard  
P: 08 9527 5547



## GROUPS

### Monday

Games Group

### Tuesday

Walking Group

### Wednesday

Art Group

### Thursday

Men's Group

Every Woman's Project

Social Anxiety

## Special Events

- Bodhinyana Buddhist Monastery visit
- Op Shop Day
- End of year Celebration
- Games at the Foreshore
- Movies & Lunch

## 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**

**Cost: At your cost**



## STRUCTURED ART

Festivus Art Month.

Over the coming month we will be designing and creating Festivus inspired Art. Each week we will work on designs, Neami supply or bring along your own Art Pieces, we will also be discussing the thriving through Christmas book this helps with coping skills over the Christmas period.

WEEK 1- Marbled Baubles design & construction

WEEK 2-Christmas Cracker Building

WEEK 3-Bring your own Art project or choose from Neami's  
WEEK 4 - TBA

**When: Wed 1-3pm**

**Where: Rockingham Library**

## GAMES GROUP

When: 11th & 18th

December 11-2pm

Where: The Library

Tea, coffee & biscuits supplied. BYO Lunch

## EVERY WOMAN'S PROJECT

Every woman project is for woman and was created by woman.

The book provides resources around hormones and intuitive eating to encouraging individuals to connect with their physical, spiritual, and psychological body.

It is designed to support women support women and provide an opportunity to connect to community and not feel so isolated in the different challenges we face being a woman.

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

**Where: Rockingham Library**

## WALKING GROUP

Meet at the front of Target for a leisurely walk and chat to improve your state of mind. Stay for coffee after walking (at own cost).

**When: Tuesday 5th & 12th**

**10am-12pm**

## EMERGENCY NUMBERS

- Mental Health Emergency Response Line (MHERL) - 1300 555 788
- Crisis Care - 08 9223 1111
- Lifeline - 13 11 14
- Samaritans - 1800 198 313

## 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 DECEMBER



## SPECIAL EVENT

### **BODHINYANA BUDDHIST MONASTERY Monday 4th December 09:00 – 13:00**

Visit Bodhinyana Buddhist Monastery leaving from Neami at 9am to be part of the Rice Offering. Come and experience peace, tranquillity, and simplicity of the monastery lifestyle. If you need to transport, please ensure you RSVP early to reserve your seat, ONLY six spaces available – if you wish, you may follow in your own vehicle.

<https://bswa.org/our-locations/visiting-bodhinyana/>

### **VISITING A FEW OP SHOPS Tuesday 19<sup>th</sup> December – 10-2pm**

Visiting a few Op shops, stopping for lunch (venue to be decided). If you need to transport, please ensure you RSVP early to reserve your seat, ONLY six spaces available – if you wish, you may follow in your own vehicle.

### **END OF YEAR CELEBRATION Friday 22<sup>nd</sup> December – 11-3pm**

**Celebrating you!** Join us on the Foreshore for lunch. All services will be joining this event. Meet new people from Joondalup, Burswood and Mandurah. Lunch and refreshments provided. RSVP essential for catering 8 Dec

### **GAMES AT THE FORESHORE Wednesday 27<sup>th</sup> December 11-2pm**

Bring your lunch and relax with some light-hearted games. Remember sun safe – slip, slop, slap.

### **MOVIE AND LUNCH Thursday 28<sup>th</sup> December – 10am -2pm**

Movie to be decided on the day (cost \$5). Lunch at the food hall at Rockingham shops (at your cost)

### **FORESHORE & FISH & CHIPS Thursday 29<sup>th</sup> December – 11am -2pm**

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