

# NEAMI MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - JULY SCHEDULE

NEAMI MANDURAH | 6 Davey Street  
P: 08 9535 9326  
mandurah@neaminational.org.au



## GROUPS SUMMARY

### **Mondays:**

Move it Monday  
Gym  
Health & Wellbeing  
Sleep Well, Feel Well

### **Tuesdays:**

H2O for Health  
Health & Wellbeing

### **Wednesdays:**

Mindfulness  
Women's Group

### **Thursdays:**

Self Harm to Self Care  
Hearing Voices—Support  
Group  
Walking Group  
Art

### **Fridays:**

Fitness Fridays  
Optimal Health Program

### **Other:**

Monthly Social - 27th July

## HEALTH & WELLBEING

Positive wellbeing and physical health go hand in hand. Come and learn holistic skills that will enrich your life.

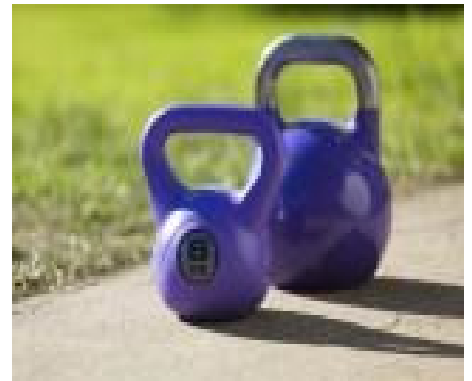
**When:** Mondays,  
1.00pm - 3.00pm

Or

**When:** Tuesdays,  
1.00pm - 3.00pm

**Where:** 6 Davey Street,  
Mandurah

**Cost:** \$2.00



## GYM

Bodypump is a barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, Bodypump gives you a total body workout.

**When:** Mondays,  
10:00am - 12:00am

**Where:** MARC

**Cost:** \$5.00



## CONTACT NEAMI

Monday to Friday, 9:00am - 5:30pm  
Phone 9535 9326 | Fax 9510 9703  
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 MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - JULY SCHEDULE

NEAMI MANDURAH | 6 Davey Street  
P: 08 9535 9326  
mandurah@neaminational.org.au



## MOVE IT MONDAY

Start your week off right. Come for a walk along the beautiful foreshore and utilise the free exercise equipment. Let's move it!

**When:** Mondays,  
9.00am - 10.30am

**Where:** 6 Davey Street,  
Mandurah

**No Cost**



## H2O FOR HEALTH

Our brains are hardwired to react positively to being near water. Being near water can calm us, connect us and increase peacefulness.

Join us for a morning of being surrounded by H2O. Choose from gentle swimming, walking in the pool and relaxing muscles in the spa and sauna.

**When:** Tuesdays,  
10.00am - 12.00pm

**Where:** MARC

**Cost:** \$5.00

## MONTHLY SOCIAL EVENT

Join us at Fairbridge for archery, followed by a walk around Pinjarra and some op-shopping. BYO lunch or bring money to buy in Pinjarra.

**Please advise staff of your attendance**

**When:** Friday, 27th July  
9.15am to 3.00pm

**Where:** Meet at 6 Davey St,  
Mandurah

**Cost:** \$5.00

## SLEEP WELL, FEEL WELL

A good nights rest can make a big difference. Come along to learn skills that will help you achieve a better nights sleep.

**When:** Mondays,  
10.30am - 12.00pm

**Where:** 6 Davey Street,  
Mandurah

**No Cost**



### CONTACT NEAMI

Monday to Friday, 9:00am - 5:30pm  
Phone 9535 9326 | Fax 9510 9703  
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 MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - JULY SCHEDULE

NEAMI MANDURAH | 6 Davey Street  
P: 08 9535 9326  
mandurah@neaminational.org.au



## HOLISTIC SELF CARE WOMEN'S GROUP

Come and join us to get out and about in your local community. Every week we will be doing a different physical activity.

**When:** Wednesdays

**Where:** Various locations

4th July - 10.00am to 12.30pm

**Motivational Speaker - Johan**

Meet at 6 Davey St, Mandurah

Cost \$2.00

11th July - 10.00am to 12.30pm

**Wise Old Owl Crafts**

Meet at 6 Davey St, Mandurah

Cost \$5.00

18th July - 10.00am to 12.30pm

**Croquet**

Meet at Thompson St, Mandurah

Cost: \$5.00

25th July - 10.00am to 12.00pm

**Attain Wellness - Facial and Meditation**

Meet at 85 Bortolo Drive, Mandurah

Cost: \$5.00

## MINDFULNESS

Mindfulness can help you feel better and reduce stress. Enjoy the present moment, clear your head and slow down your thoughts with this practice.

**When:** Wednesdays,  
1.00pm - 3.00pm

**Where:** 6 Davey Street,  
Mandurah

**No Cost**

## SELF HARM TO SELF CARE

A support group for those who are thinking of or have self-harmed. This group focuses on empowering people to learn positive coping strategies in a safe, non-judgemental setting.

**When:** Thursdays,  
9.30am - 11.30pm

**Where:** 6 Davey Street,  
Mandurah

**No Cost**

## ART

Art has been seen to be a great way to relieve stress and build new friendships. Come along to learn new skills including; painting, drawing, and sculpture.

**When:** Thursdays,  
12.30pm - 2.30pm

**Where:** 6 Davey Street, Mandurah

**Cost:** \$2.00

## CONTACT NEAMI

Monday to Friday, 9:00am - 5:30pm  
Phone 9535 9326 | Fax 9510 9703  
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 MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - JULY SCHEDULE

NEAMI MANDURAH | 6 Davey Street  
P: 08 9535 9326  
mandurah@neaminational.org.au



## HEARING VOICES SUPPORT GROUP

A self-help, peer supported group that provides its members with the opportunity to share their experiences in a non-judgemental, safe and confidential environment.

**When:** Thursdays,  
3.00pm - 5.00pm

**Where:** 6 Davey Street,  
Mandurah

**No Cost**

## WALKING GROUP

Physical fitness helps with overall wellbeing. Join us for a walk along different scenic locations.

**When:** Thursdays,  
9.30am - 11.30am

**Where:** 6 Davey Street,  
Mandurah

**No Cost**

## OPTIMAL HEALTH PROGRAM

OHP is an 8 week course aimed at improving holistic health, focusing on the 6 key life areas for living your best life.

**When:** Fridays,  
1.00pm - 3.00pm

**Where:** 6 Davey St,  
Mandurah

**No Cost**

## FITNESS FRIDAYS

Come and join us to get out and about in your local community. Every week we will be doing a different physical activity.

6th July - 10.00am to 12.30pm

**Aqua or Tai Chi**

Meet at MARC, Mandurah

Cost: \$5.00

13th July - 10.00am to 12.30pm

**Mini Golf**

Meet at Kings Carnival, Western Foreshore

Cost: \$5.00

20th July - 10.00am to 12.30pm

**Boxing with John**

Meet at Billy Dower Centre, Mandurah

Cost: \$5.00

27th July - 9.15am to 3.00pm

**Archery at Fairbridge / Walk around Pinjarra / Op-shopping**

**(Monthly Social Outing—Please advise staff of your attendance)**

Meet at 6 Davey St, Mandurah

Cost: \$5.00

## CONTACT NEAMI

Monday to Friday, 9:00am - 5:30pm  
Phone 9535 9326 | Fax 9510 9703  
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 MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - JULY SCHEDULE

NEAMI MANDURAH | 6 Davey Street  
P: 08 9535 9326  
mandurah@neaminational.org.au



## National Disability Insurance Scheme Transition (NDIS)

The NDIS offers individualised funding packages for support services—your Neami worker can help you find out if you can access NDIS funding.

To be eligible, you need to be:

- An Australian citizen or permanent resident
- Under the age of 65 years at the time of application
- Have an ongoing mental health diagnosis

For more information, talk to your Neami worker or call 08 9527 5547

## 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.



## FEEDBACK

Your feedback is encouraged and actively sought after. If you have accessed support with Neami it is valuable to hear your thoughts. This way we can ensure that we are working collaboratively with consumers to create an effective Recovery oriented service.

Please talk to a staff member to complete a feedback form.

## EMERGENCY NUMBERS

- Mental Health Emergency Response Line (MHERL) - 1300 555 788
- Crisis Care - 08 9223 1111
- Lifeline - 13 11 14
- Samaritans - 1800 198 313
- Mimidi Park - 08 9599 4900



*We acknowledge Aboriginal people as the traditional owners of the land we work on and pay our respects to their elders past and present.*

*We welcome and appreciate diversity in all its forms, including staff and consumers, and believe diversity makes our teams, services and organisation stronger.*

# CREATE YOUR OWN PERSONALISED SCHEDULE

## JULY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| 30     | 31      |           |          |        |          | 1      |
| 2      | 3       | 4         | 5        | 6      | 7        | 8      |
| 9      | 10      | 11        | 12       | 13     | 14       | 15     |
| 16     | 17      | 18        | 19       | 20     | 21       | 22     |
| 23     | 24      | 25        | 26       | 27     | 28       | 29     |

---

---

---

---

---