

NEAMI ROCKINGHAM ADULT COMMUNITY MENTAL HEALTH GROUPS - JULY SCHEDULE

NEAMI ROCKINGHAM | 8 Baralda Court
P: 08 9527 5547
rockingham@neaminational.org.au



GROUPS SUMMARY

Mondays:

Gym
Hearing Voices Support
Group
Walking Group

Tuesdays:

Re-Discovering Yourself
Eat, Plant, Learn
4-Legged Therapy

Wednesdays:

Aqua Aerobics
Men's Group
Art

Thursdays:

Living With Depression
Relaxation
Bike Group

Fridays:

Journal Writing
Photography
Harmony Guitar Group

Other:

Morning Melodies - 13th

GYM

Holistic wellbeing must include both the mental and the physical. Join us for an hours exercise at Goliath Gym followed by a cooldown walk around Rockingham City Park.

When: Mondays,
9.00am - 10.00am

Where: Goliath,
3 - 5 Robinson Rd,
Rockingham

Cost: \$5.00

HEARING VOICES SUPPORT GROUP

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

When: Mondays,
1.00pm - 3.00pm

Where: 8 Baralda Court,
Rockingham

No Cost

HEART FOUNDATION WALKING GROUP

Join in with the Heart Foundation for some fresh air and a walk along the scenic Rockingham Foreshore.

When: Mondays,
10.00am to 12.00pm

Where: Meet at the dolphin carpark, Rockingham Foreshore

No Cost

CONTACT NEAMI

Monday to Friday, 9:00am - 5:30pm
Phone 9527 5547 | Fax 9534 7746
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.

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EAT, PLANT, LEARN

Eat Plant Learn is program focusing on healthy and sustainable eating. It includes activities and opportunities to learn about healthy and environmentally sustainable food growing, purchasing, storage, cooking, waste and of course eating.

When: Tuesdays,
10.30am - 12.30pm

Where: 8 Baralda Court,
Rockingham

No Cost

4-LEGGED THERAPY

Frequent interaction with animals not only improves our mental and physical health, but can also support us to form meaningful relationships and can be a significant lifeline for people struggling with anxiety and depression. Come and experience all the different ways a dog can be healthy for the human psyche. Everyone is welcome to bring their furry best friend as long as they are well socialised and able to walk on/off the lead.

When: Tuesdays,
9.30am - 11.30pm

Where: 8 Baralda Court,
Rockingham

No Cost

MEN'S GROUP

A chance for men to get together and attend activities across social, therapeutic, educational and recreational themes, specific to the group needs and interests. **Please RSVP for each week as spaces are limited.**

4th July - 9.15am / 9.30am

Pot Black Northbridge

Meet at 8 Baralda Court at 9.15am
OR Rockingham Train Station at 9.30am

Cost: \$5.00

11th July - 9.30am

Op Shopping & Coffee

Meet at 8 Baralda Court, Rockingham

No Cost

18th July - 9.30am

Croquet

Meet at 8 Baralda Court, Rockingham

Cost: \$5.00

25th July - 9.15am / 9.30am

Scitech

Meet at 8 Baralda Court at 9.15am
OR Rockingham Train Station at 9.30am

Cost: \$10.00

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. Art runs as a skills session in the morning and individual project work in the afternoon.

When: Wednesdays,
10.00am - 12.00pm
1.00pm - 3.00pm

Where: 8 Baralda Court,
Rockingham

Cost: \$2.00

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RE-DISCOVERING YOURSELF

Discover how to get in touch with your emotions, finding purpose and meaning in your life through personal growth. Come on a journey to rediscover yourself.

When: Tuesday
1.00pm - 3.00pm

Where: 8 Baralda Court, Rockingham

No Cost

AQUA AEROBICS

Aqua aerobics is a fun low impact water based class, which works on all muscle groups. This group is run in the local community and supports individuals wanting to maintain their physical health and well-being.

When: Wednesdays,
9.00am - 10.00am

Please arrive by 8.45 to confirm your place

Where: AQUA Jetty, Warnbro Sound Avenue

Cost: \$5.00

LIVING WITH DEPRESSION

Depression effects many of us in different ways at different times of our lives. Sometimes we can feel it coming on, sometimes it strikes without warning. Come and join us for a weekly group discussion around coping strategies & mood management, and some fun & games.

Where: 8 Baralda Court, Rockingham

When: Thursdays,
10.30am - 12.30pm

No Cost

BIKE GROUP

We're getting our hands dirty and going to recycle old bicycles. If you're good with your hands & tinkering, or want to give it a go, come and help recycle old bikes. We want to build up a collection of women's & men's bikes for our Neami cycling club, or bring your own to work on.

When: Thursdays,
1.30pm - 3.30pm

Where: Meet at 8 Baralda Court, Rockingham

No Cost

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RELAXATION

Weekly guided relaxation group with oils, music and guided relaxation. Bliss.

When: Thursdays,
9.30am - 10.30am

Where: 8 Baralda Court,
Rockingham

No Cost



JOURNAL WRITING

Journal writing is back by request. Come along and explore your experiences, strengths and goals (among other things) and write it all down on paper. Learn how to start or re-start your journal writing. We will help you get your thoughts out of your head and into the written word.

When: Fridays,
1.30pm - 3.30pm

Where: 8 Baralda Court,
Rockingham

No Cost

PHOTOGRAPHY

Let's get together and explore the world through a camera lens. We aim to get out into the community to take photographs and attend photographic exhibitions. You can bring your own camera, use your phone, or use one of the digital cameras provided.

When: Fridays,
9.30am - 11.30am

Where: 8 Baralda Court,
Rockingham

No Cost

HARMONY GUITAR GROUP

The Harmony Guitar Group offers a unique and inspirational musical journey where participants can engage with and enjoy an enriching, vibrant, and fun-filled space whilst learning how to play the guitar.

When: Fridays,
12.00pm - 1.00pm

Where: 8 Baralda Court,
Rockingham

Cost: \$10.00

MORNING MELODIES

A monthly musical treat, with a different theme each month. Come along and listen while enjoying morning tea and coffee.

Places are limited, please see staff for more details before the 6th July.

When: Friday, 13th July

Where: Meet at 8 Baralda Court, Rockingham

Cost: \$10.00

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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.

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

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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
