



# Neami activities schedule - Mandurah

## Women's Group

This group explores approaches and activities related to self-care for women.

### FRISBEE GOLF

**Where:** Western Foreshore

**When:** Wednesday 4th, 10:00am-12:00pm

**Cost:** No Cost

### PEEL WELLNESS WEDNESDAY

**Where:** Eastern Foreshore

**When:** Wednesday 11th, 10:00am-12:00pm

**Cost:** No Cost

### HYDROTHERAPY

**Where:** Pinjarra Recreational Center

**When:** Wednesday 18th, 09:15am-12:00pm

**Cost:** \$5

### CROQUET

**Where:** Thompson Street

**When:** Wednesday 25th, 10:00am-12:00pm

**Cost:** \$7

## Men's Group

A chance for men to get together and attend activities across social, therapeutic, educational, & recreational themes, specific to the groups needs & interests.

**Where:** 6 Davey St, Mandurah

**When:** Mondays, 10:00am – 12:00pm

**Cost:** TBA



## 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 & confidential environment.

**Where:** 6 Davey St, Mandurah

**When:** Thursdays, 1:00pm - 3:00pm


## Individual Support


Regular one-on-one support is available for all JOC/Neami clients.

This allows the opportunity to step through an Individual Recovery Plan and focus on developing personal skills.

If you would like individual support or would like more information, contact Neami Mandurah on 9535 9326.



 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.

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Wellness & Recovery

  
Improving Mental Health and Wellbeing

JUNE O'CONNOR JOINS NEAMI NATIONAL  
SHARING 30 YEARS OF MENTAL HEALTH SUPPORT

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## Fitness Friday

This is an opportunity to experience some of the hidden gems in the Peel Region.

### ART WALK

**Where:** Mandurah Foreshore

**When:** Friday 6th, 10:00am–12:00pm

**Cost:** No Cost

### FRISBEE GOLF

**Where:** Kings Carnival, Western Foreshore

**When:** Friday 13th, 10:00am–12:00pm

**Cost:** No Cost

### BOXING

**Where:** Billy Dower Centre

**When:** Friday 20th, 12:00pm–2:00pm

**Cost:** \$10

### KAYAKING

**Where:** Western Foreshore

**When:** Friday 27th, 10:00am–12:00pm

**Cost:** \$5



## Journal Writing

### No Group on 24th October

There can be many benefits to those who write regularly as they share their thoughts with a piece of paper.

One of the biggest benefits is that it brings closure, an appreciation of the little things and begins to close down our negative judgments of self.

**Where:** 6 Davey St, Mandurah

**When:** Tuesdays 10:30–12:30

**Cost:** \$2.00

## Feedback

Your feedback is always encouraged. If you have accessed support with Neami it is valuable to hear your thoughts.

This way we can ensure that we are working collaboratively to create the most effective, recovery-oriented service we can.

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

## Music

### No Group on 24th October

Come and let your inner rock star out. Join our safe and friendly group. Everyone welcome no matter your skill level.

Guitar lessons provided by a qualified music teacher.

**Where:** Greenfields Family & Community Centre - 2 Waldron Blvd, Greenfields

**When:** Tuesdays 2:00pm -3:00pm

**Cost:** \$10:00



## EMERGENCY NUMBERS

Mental Health Emergency Response Line (MHERL) - 1300 555 788

Crisis Care - 9223 1111

Lifeline - 13 11 14

Samaritans - 1800 198 313

Mimidi Park - 9599 4900

## ABOUT NEAMI

Neami Mandurah supports adults with a diagnosed Mental Illness.

Our program is supported by funding from the WA Mental Health Commission and the Department of Health's "Support for Day to Day Living in the Community" program.

## MORE INFO

6 Davey Road, Mandurah

Email

mandurah@neaminational.org.au

Phone

08 9535 9326

# Create your personalised schedule

## October

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

## Notes

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