



Neami activities schedule - Shenton Park



Mindfulness

Mindfulness is a great tool to develop physical and mental wellbeing and is a holistic approach to managing stress and anxiety.

This session includes a guided practice of quiet sitting in a comfortable, up right position while bringing attention to slowing down breathing, relaxing and releasing body tension.

This practice can help to calm the mind and help with mental clarity and self-awareness.

Where: Suite 4/ 315 Railway Road Shenton Park

When: Tuesdays; 9:30am-10:30am

Cost: \$2.00

Hearing Voices Support Group

A peer support group for people with a lived experience of hearing voices and/or visions. Sharing insights and understanding in a safe environment

Where: Suite 4/315 Railway Road, Shenton Park

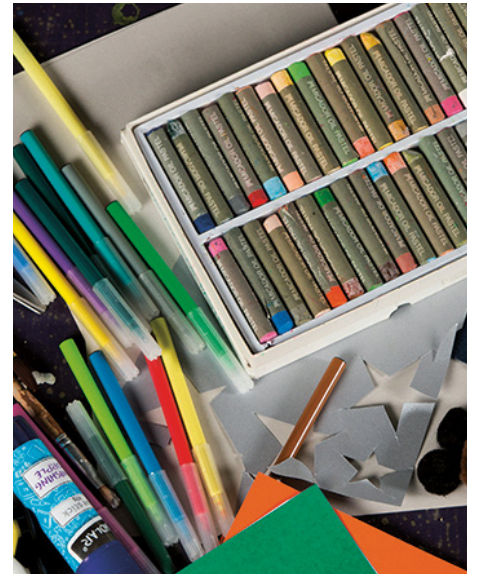
When: Tuesdays; 11:00am-12:30am

Or

Where: The Meeting Place, 245 South Terrace, South Fremantle

When: Wednesdays; 12:30pm—2:30pm

Cost: Gold Coin Donation



Art & Craft

This session involves using various creative materials to learn new skills in a fun and friendly atmosphere.

The focus of this session is not necessarily the end product but on the creative process and enhancing self expression through creative means.

Where: The Meeting Place, 245 South Terrace, South Fremantle

When: Wednesdays; 10:00am - 11:30am

Cost: \$2.00

The information contained within this document is subject to change without notice.

Please call the office on 9381 7727 for any amendments.



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.



Published September 2017



Wellness & Recovery



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

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Monthly Outings - Gallery Visit Heath Ledger: A Life in Pictures

Please come join us in a unique exhibition, Curated by the Western Australia Museum and presented in Partnership with the Art Gallery of Western Australia, and put together in collaboration with Heaths family and close friends.

The exhibition spans his life from his teenage years in Western Australia to his final role as in The Imaginarium of Doctor Parnassus.

When: Friday 27th October 2017

Meeting: 10.00am Shenton Park Train station or 10:35 am at Art Gallery of Western Australia

Cost: Free entry into the Art Gallery- may ask for Gold Coin donation

Please bring your own lunch or you can purchase lunch after the Gallery as a group.

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 Shenton Park on 9381 7727.



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.

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 SHENTON PARK

Neami Shenton Park 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

Units 4, 5 and 6 / 315 Railway Road Shenton Park 6008

Email

shentonpark@neaminational.org.au

Phone

08 9381 7727

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
