

# NEAMI MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - FEBRUARY SCHEDULE

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



## MONTHLY SOCIAL EVENT

Join us on a day trip to Bunbury followed by a Dolphin Cruise.

BYO lunch

**When:** Friday 23rd February - 9.00am to 5.00pm

**Where:** 6 Davey Street,

Mandurah at 9.00am

No Cost

**Please contact staff as there are limited spaces**

## 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:** Wednesday 7th, 14th & 21st, 1.00pm - 3.00pm

**Where:** 6 Davey Street, Mandurah

No Cost

### Mindfulness in Nature

**When:** Wednesday 28th 1.00pm - 4.00pm

**Where:** Meet at Seashells Beach

No Cost



## 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 - 11.00am

**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

### 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.

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## 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:** Thursday,  
1.00pm - 3.00pm

**Where:** 6 Davey Street,  
Mandurah

**No Cost**

### Group Outing

#### Beach walk and swim

**When:** Thursday 22nd,  
1.00pm - 4.00pm

**Where:** Meet at Seashells  
Beach

**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.

**Where:** Various locations

### When:

2 February - 10.00am to 12.00pm

#### ***Kayaking / Paddle Boarding***

Meet at Kings Carnival

Cost: \$5.00

9th February - 10.00am to 12.00pm

#### ***Tai-Chi or Aqua***

MARC

Cost: \$5.00

16th February - 10.00am to 12.00pm

#### ***Boxing with John***

Meet at 6 Davey St, Mandurah

Cost: \$5.00

23rd February - 10.00am to 12.00pm

#### ***Bike Riding***

Meet at Mandurah Boat & Bike Hire

Cost: \$5.00

## 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,  
10.00am - 12.00pm

**Where:** 6 Davey Street, Mandurah

**No Cost**

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## 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

7th February - 10.00am to 12.00pm

### **Croquet**

Meet at Thompson Street

Cost \$5.00

14th February - 10.00am to 12.00pm

**Guest Speaker Johan Smit from Sarvagna Light. Talk on the power of self-belief, personal growth and self-awareness.**

6 Davey St, Mandurah

Cost: \$2.00

21 February - 9.15am to 2.00pm

### **Hydrotherapy**

Pinjarra Recreation Centre

Cost: \$5.00

28th February - 10.00am to 12.00pm

### **Wise Owl Craft**

6 Husband Road, Barragup

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

## HEALTH & WELLBEING

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

**Where:** 6 Davey Street,  
Mandurah

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

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

**Cost:** \$2.00

## 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**

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## 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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## 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

## FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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				

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