

# NEAMI PERTH COMMUNITY BASED MENTAL HEALTH SERVICE - MARCH 2025

NEAMI PERTH | 9 KITCHENER AVE BURSWOOD  
P: 08 6252 0420



## GROUPS

**Monday:** Brain Gym

**Tuesday:** Book Club (Fortnightly) & Next Steps Swimming Group

**Wednesday:** Chair Yoga & Art Group

**Thursday:** Health & Wellbeing & Creative Writing

**Friday:** Skills Class (Fortnightly)

**NOTICES**—Monday 3rd March is a public holiday. There will be no groups running on this day.

## BRAIN GYM

Trivia, puzzles and brain teasers are a fun way to practise and increase memory, attention, motivation and critical thinking. Join us for a brain workout! Not your thing? Bring along your arts and crafts and join us for some "me time"

**When: Mon 10am - 12pm**  
**Where: Dome Café Gosnells**

## BOOK CLUB

Whether you're a voracious reader or just getting started, bring your love for Books and Written Media to Life. Come along and talk about your written adventure.

**When: Fortnightly Tuesday 11am - 12.30pm**  
**Where: Cannington Library.**



## NEXT STEPS SWIMMING GROUP

Whether you want to swim or walk laps in the pool, physical activity is proven to improve mood and overall mental wellbeing. Participate in setting and monitoring your goals.

**When: Tuesday 1pm - 3pm**  
**Where: Cannington**

## CHAIR YOGA

Chair yoga can help improve your posture, flexibility, and overall well-being. Join us as we are guided through video tutorials to focus on the mind and the body. Board games puzzles and colouring will be available as an alternative activity.

**When: Wed 10am - 12pm**  
**Where: Rivervale**

## ART

Engagement in creative activities has been shown to help alleviate anxiety, depression and stress as well as boost confidence and engagement in the community. Feel free to bring along your own project or work on one that is supplied.

**When: Wed 1pm - 3pm**  
**Where: Rivervale**

## HEALTH AND WELLBEING

These workshops will focus on different aspects of health and wellbeing to provide participants with valuable tools to navigate everyday challenges.

**When: Thurs 10am-12pm**  
**Where: Dome Café Gosnells**

## CREATIVE WRITING

Engage in creative writing with reflective, creative and visual prompts provided. If that's not your style, bring along your journal and use the space to unwind. Sharing is optional, but these exercises can boost self-esteem and mental health.

**When: Thurs 12:30pm - 2:30pm**  
**Where: Dome Café Gosnells**

## SKILLS CLASS

Each fortnightly session will focus on a different area to support you with your personal growth. We'll cover various topics including Goal Setting, Vision Boarding, Mindfulness and Expressing Yourself Using Art. If there's a specific skill you'd like to learn to help you with your personal growth, feel free to let us know

**When: Friday 12pm - 2pm**  
**Where: Perth Office**



## EMERGENCY NUMBERS

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

**Crisis Care - 08 9223 1111**

**Lifeline - 13 11 14**

**Samaritans - 1800 198 313**

## CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm  
Phone 6252 0420  
perthoffice@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.

# MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
No Group Public Holiday (Labor Day)	11am—12.30pm Book Club 1pm —3pm Next Steps Swimming	10 –12pm Chair Yoga 1—3pm Art Group <u>Rivervale Com- munity Centre</u>	10—12pm Health & Well- being 12:30-2:00pm Writing Group	No Group
10	11	12	13	14
10 – 12pm Brain Gym	1pm —3pm Next Steps Swimming	10 –12pm Chair Yoga 1—3pm Art Group <u>Rivervale Com- munity Centre</u>	10—12pm Health & Well- being 12:30-2:00pm Writing Group	Skills Class 12—2pm
17	18	19	20	21
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24	25	26	27	28
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10 – 12pm Brain Gym				