

NEAMI ROCKINGHAM COMMUNITY BASED MENTAL HEALTH SERVICE - MARCH

NEAMI ROCKINGHAM | 4 Civic Boulevard
P: 08 9527 5547



GROUPS

MONDAY

Mindfulness

TUESDAY

Walking

WEDNESDAY

Structured Art

THURSDAY

Men's Group

Women's Group

Nutrition

FRIDAY

Community Connections

SPECIAL EVENTS

World Kidney health day 13/3

FND Awareness day 25/3

Sausage Sizzle 27/3

MINDFULNES

Join us to discover more ways to be mindful. We will utilise Mindfulness Cards, Ted Talks and Mindful activities as well as a different practice each week.

Week 1—Awareness

Week 2—Selfcare

Week 3 - Gratitude

Week 4—Kindness

When: Mon 1-3pm

Where: Neami Office

WALKING GROUP

Walking group is back. This month join us for walking at Rockingham foreshore, with a leisurely stroll down to a local Cafe.

When: Tues 10am-12pm

Where: Rockingham Foreshore

MEN'S GROUP

A safe space for men to grab a coffee, discuss Men's mental and physical health, and the challenges they face in today's society.

When: Thurs 10am - 12pm

Where: Meet Dome, Kent St, Rockingham

STRUCTURED ART

Join us for a creative journey as we explore the vibrant themes of Easter through art. Each session will guide you in crafting unique pieces that celebrate renewal and hope.

Let's come together to express our creativity.

Week 1—Basket Making

Week 2—Continue with baskets

Week 3— Candle Making

Week 4— Rock painting creation

When: Wed 1-3pm

Where: Neami 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

WOMAN'S GROUP

'Let's Talk About' women's issues, challenges, and specific influences on women's health.

When: Thurs 10am - 12pm

Where: Neami Office

NUTRITION

Let's look at Nutrition and Healthy Eating.

Each week we look into what a healthy meal is, budgeting and where to buy ingredients. The following we come together to prepare and cook the ingredients.

When: Thurs 1-3pm

Where: Neami Office



COMMUNITY CONNECTION

Join us at the foreshore to build our connections with each other as well as the community at large. BYO lunch or meat for the BBQ

When: Fri 11.30-1.30pm

Where: Rockingham Foreshore

CONTACT NEAMI

Monday to Friday, 9:00am - 5:00pm

Phone 9527 5547

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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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SPECIAL EVENTS

World Kidney Health Day 13th March 10am-12pm

Join us to celebrate World Kidney Health Day. This year 'Are Your Kidneys, OK? Detect Early, Protect Kidney Health' highlights the potentially life-changing impact of early detection & intervention in preventing & managing kidney disease. We will be holding a morning tea and info session at Neami Office.

National FND (Functional Neurological Disorder) Awareness Day 25th March 10am-12pm

Functional Neurological Disorder (FND) also known as Conversion Disorder (CD), is a disabling and distressing neurological disorder. For a long time, FND lacked a medical home, slipping through the great divide between neurology and psychiatry in Australia. Join us for a morning tea and information session

Sausage Sizzle 27th March

Foreshore Gathering – BBQ - meet at the foreshore for our monthly BBQ, 10am to 12pm.

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