



FREMANTLE MIND INC.
HEALTHY MINDS. RESILIENT COMMUNITIES.

FREE MENTAL HEALTH AND WELLBEING SERVICES FOR THE FREMANTLE COMMUNITY

ONLINE MENTAL HEALTH PROMOTION FORUM

A safe, respectful, non-judgemental, and supportive space that promotes mental health.

FREOMINDFULNESS

Guided sessions to develop the skills to practice and benefit from mindfulness.

FREMANTLEMIND INC. CREATIVE EXPRESSION

Use of artistic mediums to enrich and deepen self-awareness and explore oneself.

THE GIFT OF YOGA FROM FREMANTLEMIND INC.

A safe space to explore the self for beginner yogis. Breath, synchronicity, and meditation.

FREMANTLEMIND INC. GROUP FITNESS

Journey into understanding yourself from both a physiological and psychological viewpoint.

FREMANTLEMIND INC. PRESENTS DRUMBEAT®

Reconnect to yourself and others using music, psychology, and neurobiology.

LET'S TALK TUESDAYS WITH FREMANTLEMIND INC.

Peer-led group to share and converse with others around mental health topics, treatments, and strategies to improve wellbeing.

FREMANTLEMIND INC. LIFE SKILLS GROUPS

Closed groups that decrease social isolation, enhance self-esteem, and build wellbeing.

FREMANTLEMIND INC. YOUTH WELLBEING GROUPS

Closed groups that decrease social isolation, enhance self-esteem, and build wellbeing for teens.

SELF-HELP ANXIETY DEPRESSION EDUCATION SESSIONS

Evidence-based group program for improving anxiety and depression symptoms in adults and youth.

REQUEST NOVEL MENTAL HEALTH SERVICES

Get in touch and we can develop and deliver a wellbeing event to meet your needs.



FOR MORE INFORMATION CONTACT FREMANTLEMIND INC.:

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FREMANTLEMIND INC. CREATIVE EXPRESSION

Mondays 1730-1830

FREOMINDFULNESS

Mondays 1900-2000

LET'S TALK TUESDAYS WITH FREMANTLEMIND INC.

Tuesdays 1900-2000

THE GIFT OF YOGA FROM FREMANTLEMIND INC.

Tuesdays 1730-1830 & Wednesday 1900-2000

FREMANTLEMIND INC. GROUP FITNESS

0900-1000 Wednesdays

FREMANTLEMIND INC. PRESENTS DRUMBEAT®

1st Thursday of each month 1730-1830

FREMANTLEMIND INC. LIFE SKILLS GROUPS

Next session to be confirmed

FREMANTLEMIND INC. YOUTH WELLBEING GROUPS

Next group to be confirmed

SELF-HELP ANXIETY DEPRESSION EDUCATION SESSIONS

Next group to commence in March 2020



SECURE YOUR FREE TICKET

ONLINE MENTAL HEALTH PROMOTION FORUM

 SEARCH FOR [MYLOCALMIND](#)

Where? 3 Beach Street, Fremantle- FremantleMind Inc. Hub

What to bring? Open mind, heart, and attitude essential

How much? FREE to the community from FremantleMind Inc.

ABOUT THE SERVICE:

FremantleMind Inc. is MyLocalMind Inc.'s Fremantle-based subsidiary. FremantleMind Inc. is a grass roots community wellbeing initiative, nationally registered mental health promotion charity, and Western Australian licenced charity. Our passion is community mental health. We aim to improve the way mental health is viewed and strengthened in a community setting by filling gaps in the existing community mental health system.

WE COLLABORATE WITH



YOGALAB



NORTH FREMANTLE SOCIAL FARM
YOUR COMMUNITY FARM

PASTA addiction
FRESH PASTA • COFFEE • CATERING

