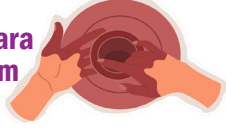


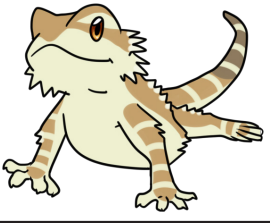








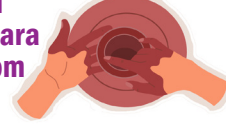


GROUP ACTIVITIES

September calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HEARING VOICES 10am-12pm CRAFT with Tamara 1pm-3pm 	2 MUSIC <i>with Darcy</i> 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	3 Bowling Between 10am-2pm 
5 HEALTHY LIFESTYLE COOK-UP 10am-12pm Max 4 cooks Free Lunch 12pm DROP IN: 8:30am - 1:30pm 	6 WOMEN'S RECOVERY GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	7 Participant Wellbeing Day 11 am - 2 pm Free lunch provided	8 HEARING VOICES 10am-12pm CRAFT with Tamara 1pm-3pm 	9 MUSIC <i>with Darcy</i> 10:15am-12:15pm World Suicide Prevention Day 11 am - 1 pm Free lunch provided	10 Reptile Centre & Picnic Between 10am-2pm 
12 HEALTHY LIFESTYLE COOK-UP 10am-12pm Max 4 cooks Free Lunch 12pm DROP IN: 8:30am - 1:30pm 	13 WOMEN'S RECOVERY GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	14 FOOTY AT THE OVAL 10am-11:30am  STAFF/PARTICIPANT MEETING 12pm-1pm Lunch Provided	15 HEARING VOICES 10am-12pm CRAFT with Tamara 1pm-3pm 	16 MUSIC <i>with Darcy</i> 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	17 Cinema Between 10am-2pm 
19 HEALTHY LIFESTYLE COOK-UP 10am-12pm Max 4 cooks Free Lunch 12pm DROP IN: 8:30am - 1:30pm 	20 WOMEN'S RECOVERY GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	21 FOOTY AT THE OVAL 10am-11:30am 	22 HEARING VOICES 10am-12pm CRAFT with Tamara 1pm-3pm 	23 MUSIC <i>with Darcy</i> 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	24 BBQ @ Telegraph Station Between 10am-2pm 
26 HEALTHY LIFESTYLE COOK-UP 10am-12pm Max 4 cooks Free Lunch 12pm DROP IN: 8:30am - 1:30pm 	27 WOMEN'S RECOVERY GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	28 FOOTY AT THE OVAL 10am-11:30am 	29 HEARING VOICES 10am-12pm CRAFT with Tamara 1pm-3pm 	30 MUSIC <i>with Darcy</i> 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	

**If you would like to participate in any of the activities please
RSVP to 8950 4600 or 0439 844 146 ONE WEEK BEFOREHAND**

Please remember to wash and sanitise your hands frequently, practice good hygiene and physical distancing. If you are feeling unwell, please do not come to MHACA.



MHACA
Mental Health
Association of
Central Australia

MHACA is a welcoming place that offers a Drop-In Centre and facilitated activities. You can chat to other participants, watch a movie, have a cuppa or do some painting and crafts.

Activities are offered daily Monday to Friday. Come along, have fun, learn new skills and stay connected! Some activities are run at MHACA and some at other venues in the community.

How to join: by calling/texting 8950 4600 or 0439 844 146

Pickups are available for calendar activities for MHACA participants only (but not Drop-in).



14 Lindsay Avenue Alice Springs NT 0870 | t: (08) 8950 4600 | e: info@mhaca.org.au | www.mhaca.org.au

GROUP ACTIVITIES

WOMEN’S GROUP

Join Sarah and Pip every week in this women’s only group that creates a safe space for you to share your story about what is happening currently with your personal mental health journey and covers a different recovery-focused topic every week. It also gives you the opportunity to meet other women who are going through a similar experience as you.

HEARING VOICES

This group is specially for those who are voice hearers or people who experience intrusive and disturbing thoughts. This safe and understanding group allows you to share your stories, learn new strategies for coping and make connections with others who experience the same things you do.

CRAFT

Come and unleash your creative side! Painting, drawing, sculpting, printing and many other fun crafts are experimented with weekly. Everything you make you can take home and decorate your home with.

FOOTY AT THE OVAL

Join Josefina and Tom from AFL to play footy at the Anzac Oval. Get that body moving in a supportive and fun environment.

MEN’S YARNING CIRCLE

Join Lachlan and share your experiences in a supportive group of other men. Go on trips to various locations around Alice, meet other men who are also experiencing mental health issues and learn to support one another and find new strategies for increasing wellbeing.

HEALTHY LIFESTYLE COOK-UP

Join us and cook healthy and tasty meals! Learn a new recipe every week and share the lunch you’ve prepared with participants and staff afterwards.

8BALL @ CLUB EASTSIDE

Join us for a friendly competition of 8ball at Club East Side. 8Ball is a game that is played on a table with balls, much like pool. All levels of skill are welcome, you don’t need to have played before.

MUSIC WITH DARCY

Start the weekend right and come jam at MHACA with local musian Darcy!

PARTICIPANT WELLBEING DAY

This is a special and relaxing day of self care at MHACA. Come and get a haircut or a manicure followed by a free healthy lunch.

WORLD SUICIDE PREVENTION DAY

Join MHACA at this community event on the Town Council Lawns to raise awarness of suicide and the programs that are working on suicide prevention. There will be a welcome To Country and Smoking Ceremony, speakers, stalls, music and a free healthy lunch.

NDIS PRICE GUIDE

If you are a MHACA Participant and also have an NDIS Plan, please ensure you RSVP to all activities you wish to attend by 3PM the day before for pick-up and attendance purposes.

If you cannot make an activity, please cancel your attendance by 3PM the day before. If you cancel after 3PM the day prior, or do not show up for an activity that is in your plan, MHACA will charge you at 100% of the activity rate.

If you have any questions, please discuss these with your Support Coordinator.

PLEASE NOTE:

You do not need to have an NDIS Plan to access MHACA or any of the daily activities - all activities are funded and participants are welcome and encouraged to join in and attend.

Support Items	Activities	Hourly Rate
Weekday - Group activities in the Community 04_120_0136_6_1_T	<ul style="list-style-type: none">Men’s Yarning CircleWomen’s Recovery Group	\$37.06 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<div><ul style="list-style-type: none">Drop InHearing VoicesMusic with Darcy<ul style="list-style-type: none">8BallCraft</div>	\$40.25 per hour
Weekday Evening - Group Activities in the Community 04_123_0136_6_1_T	Any special weekday evening activities (movie nights etc)	\$40.82 per hour
Weekend Activities - Group Activities in the Community 04_143_0136_6_1_T	Weekly weekend activities range from cinema, ten pin bowling, Honeymoon Gap, camping, etc.	\$37.35 per hour
Transport	Will be charged at \$0.97 per km	