

# GROUP ACTIVITIES

## November calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>2</b> <b>BASKETBALL</b> 10am - 11am <b>YOGA AND WELLNESS</b> With Aaron 1:30pm-2:30pm	<b>3</b> <b>WELLBEING THROUGH STORYTELLING</b> with Carmel 10am-12pm <b>CRAFT</b> with Tamara 1pm-3pm	<b>4</b> <b>MUSIC</b> with Darcy 10:15am-12:15pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>5</b> <b>Bowling</b> Between 10am-2pm
<b>7</b> <b>HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm Max 4 cooks <b>Free Lunch</b> 12pm  DROP IN: 8:30am - 1:30pm	<b>8</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>9</b> <b>BASKETBALL</b> 10am - 11am Community Nurses 11am - 12pm <b>YOGA AND WELLNESS</b> With Aaron 1:30pm-2:30pm	<b>10</b> <b>WELLBEING THROUGH STORYTELLING</b> with Carmel 10am-12pm <b>CRAFT</b> with Tamara 1pm-3pm	<b>11</b> <b>MUSIC</b> with Darcy 10:15am-12:15pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>12</b> <b>Town Pool Swim &amp; Picnic</b> Between 10am-2pm
<b>14</b> <b>HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm Max 4 cooks <b>Free Lunch</b> 12pm  DROP IN: 8:30am - 1:30pm	<b>15</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>16</b> <b>BASKETBALL</b> 10am - 11am <b>STAFF/PARTICIPANT MEETING</b> 12pm-1pm Lunch Provided <b>YOGA AND WELLNESS</b> With Aaron 1:30pm-2:30pm	<b>17</b> <b>WELLBEING THROUGH STORYTELLING</b> with Carmel 10am-12pm <b>CRAFT</b> with Tamara 1pm-3pm	<b>18</b> <b>MUSIC</b> with Darcy 10:15am-12:15pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm <b>Night Markets</b> Between 5:30pm-8pm	<b>19</b>
<b>21</b> <b>HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm Max 4 cooks <b>Free Lunch</b> 12pm  DROP IN: 8:30am - 1:30pm	<b>22</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>23</b> <b>BASKETBALL</b> 10am - 11am <b>YOGA AND WELLNESS</b> With Aaron 1:30pm-2:30pm	<b>24</b> <b>WELLNESS THROUGH STORYTELLING</b> with Carmel 10am-12pm <b>CRAFT</b> with Tamara 1pm-3pm	<b>25</b> <b>MUSIC</b> with Darcy 10:15am-12:15pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>26</b> <b>Cinema</b> Between 10am-2pm
<b>28</b> <b>HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm Max 4 cooks <b>Free Lunch</b> 12pm  DROP IN: 8:30am - 1:30pm	<b>29</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>30</b> <b>BASKETBALL</b> 10am - 11am <b>YOGA AND WELLNESS</b> With Aaron 1:30pm-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).



# GROUP ACTIVITIES

## **WOMEN'S GROUP**

**Join 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 the group explores 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 have similar experiences.**

## **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 enjoy.**

## **BASKETBALL**

**Join Josefina and Syed to play basketball at the Traeger Park courts. Get that body moving in a supportive and fun environment.**

## **MEN'S YARNING CIRCLE**

**Join Lachlan and share your experiences in a supportive group with 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. Find new strategies for increasing wellbeing.**

## **HEALTHY LIFESTYLE COOK-UP**

**Come 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.**

## **WELLBEING THROUGH STORYTELLING**

**Join Carmel each week and connect with others through writing, telling and listening to short stories in a safe and guided practice.**

## **YOGA AND WELLNESS**

**Calm your body and mind with Aaron's yoga and wellness sessions. Stretch to loosen up, use breathing exercises to keep calm, and wellness activities to reframe your mind. Learn coping strategies you can apply in everyday life to keep you grounded and in the present.**

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## **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 participants are welcome and encouraged to attend.**

<b>Support Items</b>	<b>Activities</b>	<b>Hourly Rate</b>
Weekday - Group activities in the Community 04_120_0136_6_1_T	<ul style="list-style-type: none"> <li>Men's Yarning Circle</li> <li>Women's Recovery Group</li> </ul>	\$37.06 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> <li>Drop In</li> <li>Wellbeing through story telling</li> <li>Music with Darcy</li> <li>Yoga and wellness</li> <li>8Ball</li> <li>Craft</li> <li>Basketball</li> </ul>	\$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	