

# GROUP ACTIVITIES

October calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1 Bowling</b> Between 10am-2pm 
<b>3 HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm Max 4 cooks <b>Free Lunch</b> 12pm  DROP IN: 8:30am - 1:30pm	<b>4 WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>5 Basketball</b> 10am - 11am Community Nurses 11am - 12pm 	<b>6 HEARING VOICES</b> 10am-12pm	<b>7 MUSIC with Darcy</b> 10:15am-12:15pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>8 Standly Chasm</b> Between 10am-2pm  ANGKERLE ATWATYE
<b>10 HEALTHY LIFESTYLE COOK-UP</b> Free Lunch 12pm  <b>Bush Balm making demonstration</b> 12:30 pm - 1:30 pm @ Purple Shed	<b>11 WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>12 Fun at the Pool</b> 11 am - 1 pm @ AS Town Pool Free lunch provided	<b>13 HEARING VOICES</b> 10am-12pm <b>CRAFT with Tamara</b> 1pm-3pm 	<b>14 Stress Less in the Park</b> 10 am - 1 pm @ ASTC lawns Free lunch provided	<b>15 Araluen &amp; Picnic</b> Between 10am-2pm  Araluen Arts Centre: Galleries and Theatre
MENTAL HEALTH WEEK					
<b>17 HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm Max 4 cooks <b>Free Lunch</b> 12pm  DROP IN: 8:30am - 1:30pm	<b>18 WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>19 Basketball</b> 10am - 11am <b>STAFF/PARTICIPANT MEETING</b> 12pm-1pm Lunch Provided 	<b>20 HEARING VOICES</b> 10am-12pm <b>CRAFT with Tamara</b> 1pm-3pm 	<b>21 MUSIC with Darcy</b> 10:15am-12:15pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>22 Cinema</b> Between 10am-2pm 
<b>24 HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm <b>Free Lunch</b> 12pm  DROP IN: 8:30am - 1:30pm	<b>25 WOMEN'S RECOVERY GROUP</b> 10am-12pm <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>26 Basketball</b> 10am - 11am 	<b>27 HEARING VOICES</b> 10am-12pm <b>CRAFT with Tamara</b> 1pm-3pm 	<b>28 MUSIC with Darcy</b> 10:15am-12:15pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>29 BBQ @ Telegraph Station</b> Between 10am-2pm 
<b>31 HEALTHY LIFESTYLE COOK-UP</b> 10am-12pm <b>Free Lunch</b> 12pm 					

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 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 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

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 musician Darcy!

## BUSH BALM MAKING DEMONSTRATION @ PURPLE HOUSE

Join MHACA and visit the Bush Balm Shop across the road to learn how traditional medicine is made. This activity is part of Mental Health Week.

## FUN AT THE POOL

Join MHACA and Lucinda from the ASTC for a fun exercise session at the Town Pool. Free healthy lunch provided. This activity is part of Mental Health Week.

## STRESS LESS IN THE PARK

Join MHACA at this feature Mental Health Week Alice Springs community event on the Town Council Lawns. Learn more about how to support your wellbeing and about the local services available in our community. There will be a Welcome To Country, stalls, kid's activities, 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 - participants are welcome and encouraged to attend.

Support Items	Activities	Hourly Rate
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>Hearing Voices</li> <li>Music with Darcy</li> <li>8Ball</li> <li>Craft</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	