

GROUP ACTIVITIES

December calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HEARING VOICES 10am-12pm  CRAFT AND SEWING 1pm-3pm  CHRISTMAS TREE DECORATING 8:30am-10am	2 MUSIC with Darcy 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	3 Bowling Between 10am-2pm 
5 MHACA CLOSED Staff training	6 WOMEN'S RECOVERY GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	7 SWIMMING 10am-11am  YOGA AND WELLNESS With Aaron 1:30pm-2:30pm 	8 HEARING VOICES 10am-12pm  CRAFT AND SEWING 1pm-3pm	9 MUSIC with Darcy 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm Night Markets Christmas Edition Between 5:30pm-8pm	10
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 SWIMMING 10am-11am  Community Nurses 11am - 12pm YOGA AND WELLNESS With Aaron 1:30pm-2:30pm 	15 HEARING VOICES 10am-12pm  CRAFT AND SEWING 1pm-3pm	16 MUSIC with Darcy 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 MHACA Christmas Lunch 11am-2pm  DROP IN CLOSING AT 2pm	22 HEARING VOICES 10am-12pm  CRAFT AND SEWING 1pm-3pm	23 MUSIC with Darcy 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	24 CLOSED  Merry Christmas
26 CLOSED Public Holiday	27 CLOSED Public Holiday	28 SWIMMING 10am-11am  YOGA AND WELLNESS With Aaron 1:30pm-2:30pm 	29 HEARING VOICES 10am-12pm  CRAFT AND SEWING 1pm-3pm	30 MUSIC with Darcy 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	31 CLOSED 

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 AND SEWING

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

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.

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.

SWIMMING AT THE POOL

Get some gentle exercise at the Alice Springs Town Pool. A perfect way to cool off in the middle of the week. Bring your swimmers and jump in!

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.

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 Circle Women's Recovery Group 	\$37.06 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> Drop In Wellbeing through story telling Music with Darcy Yoga and wellness 8Ball Craft Basketball 	\$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	