



























GROUP ACTIVITIES

March calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SWIMMING 10am-11am 	2 HEARING VOICES 10am-12pm CRAFT  1pm-3pm	3  MUSIC with Darcy 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	4 International Women's Day 5pm-8pm 
6	7 SMART	8 EATING	9 WEEK	10	11
HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm	WOMEN'S YARNING GROUP 10am-12pm 8BALL  @ CLUB EASTSIDE 1pm-2:30pm	SWIMMING 10am-11am  Community Nurses 11am - 12pm SMART EATING WEEK FREE HEALTHY LUNCH 12pm-1pm	HEARING VOICES 10am-12pm Centrelink Visit 10am - 12pm CRAFT  1pm-3pm	 MUSIC with Darcy 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	BBQ at Telegraph Station 10am-2pm 
13 HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm Lutheran Care Money Hub 9am - 12pm DROP IN: 8:30am - 1:30pm	14 WOMEN'S YARNING GROUP 10am-12pm 8BALL  @ CLUB EASTSIDE 1pm-2:30pm	15 SWIMMING 10am-11am  Participant/ staff meeting 12pm - 1pm Participant Planning Day 1pm - 2pm	16 HEARING VOICES 10am-12pm CRAFT  1pm-3pm	17  MUSIC with Darcy 10:15am-12:15pm Lutheran Financial Support 9am - 12pm MEN'S YARNING CIRCLE 1pm-2:30pm	18 Bowling 10am-2pm 
20 HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm	21 WOMEN'S YARNING GROUP 10am-12pm 8BALL  @ CLUB EASTSIDE 1pm-2:30pm	22 SWIMMING 10am-11am  Participant/ staff meeting 12pm - 1pm Participant Planning Day 1pm - 2pm	23 HEARING VOICES 10am-12pm Centrelink Visit 10am - 12pm CRAFT  1pm-3pm	24  MUSIC with Darcy 10:15am-12:15pm MEN'S YARNING CIRCLE 1pm-2:30pm	25 Cinema 10am-2pm 
27 HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm	28 WOMEN'S YARNING GROUP 10am-12pm 8BALL  @ CLUB EASTSIDE 1pm-2:30pm	29 SWIMMING 10am-11am  Participant/ staff meeting 12pm - 1pm Participant Planning Day 1pm - 2pm	30 HEARING VOICES 10am-12pm CRAFT  1pm-3pm	31  MUSIC with Darcy 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.

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 YARNING GROUP

Join this Aboriginal and Torres Strait Islander 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 of recovery. It also gives you the opportunity to meet other women who are going through a similar experience to you.

HEARING VOICES

This group is 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.

CRAFT

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 COOKING

Come and cook healthy and tasty meals! Learn a new recipe every week and share the lunch you've prepared with participants 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.

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 towel and enjoy the water!

LUTHERAN CARE MONEY HUB

Financial counselling is an opportunity to have a free and confidential chat with a qualified person about your finances, including help with budgeting and managing debts.

SMART EATING WEEK + FRE HEALTHY LUNCH

As part of our Healthy Bodies Support Healthy Minds program, MHACA will be holding a Smart Eating Week. There will be healthy snacks available all week and a free healthy lunch on Wednesday.

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	\$37.06 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none">Women's Recovery GroupWellbeing through story tellingMusic with DarcyYoga and wellness8BallCraftBasketballDrop-in Centre	\$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	