

GROUP ACTIVITIES

July Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|
| 31 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm CONGRESS FOOT DOCTOR 11am - 12pm DROP IN: 8:30am - 1:30pm | Free Healthy Lunch 12pm | | | | 1 Bowling 10am-2pm  |
| 3 | 4 | 5 NAIDOC | 6 WEEK | 7 | 8 |
|  NAIDOC COMMUNITY DAY @ ASTC LAWNS 11am-1pm DROP IN: 8:30am - 1:30pm | WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm | FOOTY 4 LIFE 10am-12pm  | HEARING VOICES 10am-12pm CRAFT 1pm-3pm  | Public Holiday MHACA Closed |  THE ALICE SPRINGS SHOW 10am-2pm |
| 10 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm | 11 WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm | 12 FOOTY 4 LIFE 10am-12pm  COMMUNITY NURSES 11am - 12pm | 13 HEARING VOICES 10am-12pm LUTHERAN MONEY HUB 11am - 12pm CRAFT 1pm-3pm  | 14 GAMES 10am-12pm  MEN'S YARNING CIRCLE 1pm-2:30pm | 15 Cinema 10am-2pm  |
| 17 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm | 18 WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm | 19 FOOTY 4 LIFE 10am-12pm  CENTRELINK 11am - 12pm Participant/staff meeting 12 - 1pm | 20 HEARING VOICES 10am-12pm CRAFT 1pm-3pm  | 21 GAMES 10am-12pm  MEN'S YARNING CIRCLE 1pm-2:30pm | 22 Bowling 10am-2pm  |
| 24 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm | 25 WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm | 26 FOOTY 4 LIFE 10am-12pm  | 27 HEARING VOICES 10am-12pm CRAFT 1pm-3pm  | 28 GAMES 10am-12pm  MEN'S YARNING CIRCLE 1pm-2:30pm | 29 Standley Chasm 12-2pm  |

**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.

FOOTY 4 LIFE

Get some gentle exercise at Footy 4 Life facilitated by AFL NT. This is for people of all abilities and uses the sport of AFL as a tool to improve physical and mental health.

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.

CONGRESS FOOT DOCTOR

Looking after your feet supports your overall wellbeing, and is important for people who have diabetes. Come and get a free foot check.

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 tellingYoga 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 | |