

GROUP ACTIVITIES

November Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 BASKETBALL 10am - 11am 	2 HEARING VOICES GROUP 10am-12pm CRAFT 1pm-3pm 	3 MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-3pm	4 Cinema 10am-2pm 
6 HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm <i>DROP IN: 8:30am - 1:30pm</i>	7 WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	8 BASKETBALL 10am - 11am  COMMUNITY NURSES 11am - 12pm	9 HEARING VOICES GROUP 10am-12pm CENTRELINK & LUTHERAN MONEY HUB 10am - 12pm CRAFT 1pm-3pm 	10 MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-3pm	11 Lawn bowling 10am-2pm 
13 HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm <i>DROP IN: 8:30am - 1:30pm</i>	14 WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	15 BASKETBALL 10am - 11am  Participant/staff meeting 12pm - 1pm	16 HEARING VOICES GROUP 10am-12pm CRAFT 1pm-3pm 	17 MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-3pm	18 Alice Springs Christmas Show 4pm-8pm 
20 HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm <i>DROP IN: 8:30am - 1:30pm</i>	21 WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	22 BASKETBALL 10am - 11am 	23 HEARING VOICES GROUP 10am-12pm CRAFT 1pm-3pm 	24 MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-3pm	25 Bowling 10am-2pm 
27 HEALTHY COOKING 10am-12pm  Free Healthy Lunch 12pm <i>DROP IN: 8:30am - 1:30pm</i>	28 WOMEN'S YARNING GROUP 10am-12pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	29 BASKETBALL 10am - 11am 	30 HEARING VOICES GROUP 10am-12pm CRAFT 1pm-3pm 		

**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 GROUP

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.

BASKETBALL

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

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.

MUSIC CONNECTION WITH BE

Playing music can support our wellbeing. Join Be and connect with music on Friday mornings.

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	\$38.46 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none">Women's Yarning GroupDrop-in CentreHearing Voices GroupMusic Connection8BallCraftHealthy CookingBasketball	\$41.87 per hour
Weekday Evening - Group Activities in the Community 04_123_0136_6_1_T	Any special weekday evening activities (movie nights etc)	\$42.36 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.	\$38.75 per hour
Transport	Will be charged at \$0.97 per km	