

GROUP ACTIVITIES

February Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HEARING VOICES GROUP 10am-12pm CRAFT 1pm-3pm	2 MUSIC CONNECTION 10am-12pm MEN'S YARNING CIRCLE 1pm-3pm	3 Cinema 10am-2pm
5 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm	6 FUN EXERCISE 11:30am-12pm Healthy lunch provided 8BALL @ CLUB EASTSIDE 1pm-2:30pm	7 SWIMMING 10am-11am 	8 HEARING VOICES GROUP 10am-12pm CRAFT 1pm-3pm	9 MUSIC CONNECTION 10am-12pm MEN'S YARNING CIRCLE 1pm-3pm	10 Bowling 10am-2pm
12	13 SMART	14 EATING	15 WEEK	16	17
HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm MAKE YOUR OWN SMOOTHIE 10am-11am DROP IN: 8:30am - 1:30pm	FUN EXERCISE 11:30am-12pm Healthy lunch provided 8BALL @ CLUB EASTSIDE 1pm-2:30pm	SWIMMING 10am-11am COMMUNITY NURSES 11am - 12pm INTERACTIVE ACTIVITY WITH DIETITIANS 12pm-1pm Healthy snacks provided	HEARING VOICES GROUP 10am-12pm CENTRELINK & LUTHERAN MONEY HUB 10am - 12pm MAKE YOUR OWN HEALTHY PIZZA 11:30am-12:30pm CRAFT 1pm-3pm	MUSIC CONNECTION 10am-12pm MEN'S YARNING CIRCLE 1pm-3pm	Picnic and swim at Town Pool 10am-2pm
19 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm	20 FUN EXERCISE 11:30am-12pm Healthy lunch provided 8BALL @ CLUB EASTSIDE 1pm-2:30pm	21 SWIMMING 10am-11am Participant/staff meeting 12pm - 1pm	22 HEARING VOICES GROUP 10am-12pm CRAFT 1pm-3pm	23 MUSIC CONNECTION 10am-12pm MEN'S YARNING CIRCLE 1pm-3pm	24 Picnic at Telegraph Station 10am - 2pm
26 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm DROP IN: 8:30am - 1:30pm	27 FUN EXERCISE 11:30am-12pm Healthy lunch provided 8BALL @ CLUB EASTSIDE 1pm-2:30pm	28 SWIMMING 10am-11am 	29 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



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

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 other 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

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!

CENTRELINK & LUTHERAN CARE MONEY HUB

This is an opportunity to have a free and confidential chat with a Centrelink representative about any concerns you may have about your situation. Lutheran Care offers free and confidential financial counselling so you can get advice from a qualified person about your finances, including help with budgeting and managing debts.

MUSIC CONNECTION

MHACA's Friday morning jam session is a great way to support your wellbeing through music. Join us to play some tunes!

FUN EXERCISE

Lucinda will guide a gentle exercise session for participants and staff every Tuesday at MHACA followed by a shared healthy lunch.

SMART EATING WEEK

MHACA will be holding a Smart Eating Week as part of our Healthy Bodies Support Healthy Minds program. Eating healthy improves our wellbeing.

- Monday 12 February: Make your own smoothie
- Tuesday 13 February: Exercise and special catered healthy lunch
- Wednesday 14 February: Flynn Drive Dietitians interactive activity and healthy snacks
- Thursday 15 February: Make your own healthy pizza

NDIS PRICE GUIDE

If you are a MHACA participant and also have an NDIS Plan, please make sure you RSVP to all activities you wish to attend for pick-up and attendance purposes. Be aware that activities have limited spots.

If you can't make it to an activity you have already RSVP for, please cancel a week in advance. If you cancel late or don't show up, MHACA will charge you 100% of the activity cost. Talk to your Support Coordinator if you have questions.

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"> • Swimming • 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"> • Drop-in Centre • Hearing Voices Group • Music Connection • Fun Exercise • 8Ball • Craft • Healthy Cooking • Swimming 	\$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	