

# GROUP ACTIVITIES

## May Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Recovery Wellbeing Group</b> 10am-12pm  <b>Craft Group</b> 1pm-3pm	2 <b>Music Connection</b> 10am-12pm  <b>BBQ at MHACA</b> 12pm - 1pm  <b>Men's Yarning Circle</b> 1pm-3pm	3  <b>Cinema</b> 10am-2pm
5 <b>MHACA closed</b> <i>Public Holiday</i>	6 <b>Women's Group</b> 10am-12pm  <b>Swimming with Lucinda</b> 11:30am-12:30pm  <b>8Ball</b> at Club East Side 1pm - 2:30pm	7 <b>Footy 4 Life</b> 10am-12pm  <i>DROP IN: 8:30am - 1:30pm</i>	8 <b>Recovery Wellbeing Group</b> 10am-12pm  <b>Craft Group</b> 1pm-3pm  <b>Centrelink &amp; Lutheran Money Hub</b> 9:30am - 12pm	9 <b>Music Connection</b> 10am-12pm  <b>BBQ at MHACA</b> 12pm - 1pm  <b>Men's Yarning Circle</b> 1pm-3pm	10  <b>Bowling</b> 10am-2pm
12 <b>Healthy Cooking</b> 10am-12pm <i>Free Healthy Lunch 12pm</i>  <b>Painting &amp; Craft</b> 1pm-3pm	13 <b>Women's Group</b> 10am-12pm  <b>Swimming with Lucinda</b> 11:30am-12:30pm  <b>8Ball</b> at Club East Side 1pm - 2:30pm	14 <b>Footy 4 Life</b> 10am-12pm  <b>I CAN LEAD training with Mandy &amp; Mark (DAS) at MHACA</b> 10am-12pm  <b>Community Nurses</b> 11am - 12pm <i>DROP IN: 8:30am - 1:30pm</i>	15 <b>Recovery Wellbeing Group</b> 10am-12pm  <b>Craft Group</b> 1pm-3pm	16 <b>Music Connection</b> 10am-12pm  <b>IDAHOBIT event at Todd Mall Lawns</b> 11am-2pm  <b>BBQ at MHACA</b> 12pm - 1pm  <b>Men's Yarning Circle</b> 1pm-3pm	17  <b>Picnic at Telegraph Station</b> 10am-2pm
19 <b>Healthy Cooking</b> 10am-12pm <i>Free Healthy Lunch 12pm</i>  <b>Foot Doctor at MHACA</b> 10am-12pm  <b>Painting &amp; Craft</b> 1pm-3pm	20 <b>Women's Group</b> 10am-12pm  <b>Swimming with Lucinda</b> 11:30am-12:30pm  <b>8Ball</b> at Club East Side 1pm - 2:30pm	21 <b>Footy 4 Life</b> 10am-12pm  <b>Participant &amp; Staff Meeting</b> <i>Free healthy lunch provided</i> 12pm - 1pm <i>DROP IN: 8:30am - 1:30pm</i>	22 <b>Recovery Wellbeing Group</b> 10am-12pm  <b>Craft Group</b> 1pm-3pm	23 <b>Music Connection</b> 10am-12pm  <b>BBQ at MHACA</b> 12pm - 1pm  <b>Men's Yarning Circle</b> 1pm-3pm	24  <b>Standley Chasm</b> 10am-2pm
26 <b>Healthy Cooking</b> 10am-12pm <i>Free Healthy Lunch 12pm</i>  <b>Peer Reference Group at MHACA</b> 10am-11am  <b>Painting &amp; Craft</b> 1pm-3pm	27 <b>Women's Group</b> 10am-12pm  <b>Swimming with Lucinda</b> 11:30am-12:30pm  <b>8Ball</b> at Club East Side 1pm - 2:30pm	28 <b>Footy 4 Life</b> 10am-12pm  <i>DROP IN: 8:30am - 1:30pm</i>	29 <b>Recovery Wellbeing Group</b> 10am-12pm  <b>World No Tobacco Day at MHACA</b> 10am-11am  <b>Craft Group</b> 1pm-3pm	30 <b>Music Connection</b> 10am-12pm  <b>BBQ at MHACA</b> 12pm - 1pm  <b>Men's Yarning Circle</b> 1pm-3pm	31  <b>Cinema</b> 10am-2pm

***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 MHACA by calling/texting 8950 4600 or 0439 844 146**  
Pickups are available for MHACA participants only.



**14 Lindsay Avenue Alice Springs NT 0870 | t: (08) 8950 4600 | e: info@mhaca.org.au | www.mhaca.org.au**

# GROUP ACTIVITIES

## MEN’S YARNING CIRCLE

Join Lachlan in a safe and supportive space to share your life experiences with other men. Connect with others who are navigating mental health challenges, go on trips to various locations around Alice and learn practical strategies to enhance your wellbeing.

## HEALTHY COOKING

Join us for a fun and interactive cooking session! Discover new, healthy, and delicious recipes every week, then share the meal you’ve created with fellow participants. It’s a great way to learn, connect, and enjoy tasty food together!

## 8BALL @ CLUB EASTSIDE

Come join us for a fun and friendly 8Ball competition at Club Eastside! Whether you're a seasoned player or a complete beginner, everyone is welcome to join the game. 8Ball is played on a table with balls, similar to pool, and it's all about having a good time together.

## CENTRELINK & LUTHERAN CARE MONEY HUB

Take the opportunity to have a free, confidential chat with a Centrelink representative about any concerns regarding your situation. Lutheran Care also offers free confidential financial counselling with a qualified expert who can assist you with budgeting, managing debts, and other financial matters.

## MUSIC CONNECTION

MHACA’s Friday morning jam session is a great way to boost your wellbeing through music. Come along and join us to play some tunes, have fun, and connect with others!

## SWIMMING

Get some gentle exercise at the Alice Springs Town Pool – the perfect way to cool off in the middle of the week. Bring your swimmers and towel, and enjoy the water!

## RECOVERY WELLBEING GROUP

This safe and understanding group allows you to share your stories, learn new strategies for coping with your mental health and make connections with others.

## CRAFT GROUP

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.

## WOMEN’S GROUP

Join this women’s only group that creates a safe space for you to share your story and meet other women who are going through a similar experiences.

## 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.

## I CAN LEAD TRAINING

Learn how to advocate for yourself, gain confidence in public speaking and running meetings, and set goals using PATH Plans for short, medium, and long-term objectives. This training is delivered by MHACA participant Mandy and Mark from Disability Advocacy Service (DAS).

## 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. Centre Capital Costs (CCC): These are per participant, per hour fee that contributes to the costs providers incur running and maintaining a centre. Non-Face-To-Face Support costs: These are the behind the scene tasks that a provider does while the participant is not present, to ensure that they can participate in the group or centre based support. 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
<b>Weekday - Group activities in the Community</b> 04_102_0136_6_1	<ul style="list-style-type: none"><li>Men’s Yarning Circle</li><li>8Ball</li><li>Swimming</li></ul> <ul style="list-style-type: none"><li>Footy 4 Life</li></ul>	<b>\$31.52 per hour + CCC and non-face-to-face</b>
<b>Weekday - Group activities in the Centre</b> 04_102_0136_6_1	<ul style="list-style-type: none"><li>Drop-in Centre</li><li>Recovery Wellbeing Group</li><li>Music Connection</li><li>Healthy Cooking</li></ul> <ul style="list-style-type: none"><li>Painting &amp; Craft</li><li>Craft Group</li><li>Women's Group</li></ul>	<b>\$31.52 per hour + CCC and non-face-to-face</b>
<b>Weekday Evening - Group Activities in the Community</b> 04_103_0136_6_1	Any special weekday evening activities (movie nights, etc)	<b>\$20.84 per hour + CCC and non-face-to-face</b>
<b>Weekend - Group Activities in the Community</b> 04_104_0136_6_1	Weekly weekend activities range from cinema, ten pin bowling, Honeymoon Gap, camping, etc.	<b>\$26.62 per hour + CCC and non-face-to-face</b>
<b>Transport</b>	Will be charged at \$0.99 per km	