

# GROUP ACTIVITIES

## July Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 Women's Group</b> 10pm-12pm RecLink Activities at The Y with Loo 11:30am -12:30pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	<b>2 Footy 4 Life</b> 10am-12pm  DROP IN: 8:30am - 1:30pm	<b>3 Recovery Wellbeing Group</b> 10am-12pm <b>Craft Group</b> 1pm-3pm 	<b>4 MHACA closed</b> Public Holidays	<b>5 Alice Springs Show</b> 10am-2pm 
<b>7</b>	<b>8</b>	<b>9 NAIDOC</b>	<b>10 WEEK</b>	<b>11</b>	<b>12</b>
<b>NAIDOC Community March &amp; Expo</b> 10am <b>Healthy Cooking</b> 10am-12pm Free Healthy Lunch 12pm <b>Painting &amp; Craft</b> 1pm-3pm 	<b>Women's Group</b> 10pm-12pm RecLink Activities at The Y with Loo 11:30am -12:30pm 8BALL @ Club Eastside 1pm-2:30pm	<b>Footy 4 Life</b> 10am-12pm  <b>Community Nurses</b> 10:30am - 12pm DROP IN: 8:30am - 1:30pm	<b>Recovery Wellbeing Group</b> 10am-12pm <b>I Can Lead with Mandy &amp; Mark from DAS</b> 1pm-3pm <b>Craft Group</b> 1pm-3pm  <b>Centrelink &amp; Lutheran Care</b> 9:30am - 12pm	<b>Music</b> 10am-12pm  <b>Damper making 11 am + Healthy Lunch 12 pm</b> <b>Retro Renegades</b> 1-3pm <b>Men's Yarning Circle</b> 1pm-3pm	<b>Bowling</b> 10am-2pm 
<b>14 Healthy Cooking</b> 10am-12pm Free Healthy Lunch 12pm <b>Painting &amp; Craft</b> 1pm-3pm 	<b>15 Women's Group</b> 10pm-12pm RecLink Activities at The Y with Loo 11:30am -12:30pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	<b>16 Footy 4 Life</b> 10am-12pm  <b>Participant/Staff meeting</b> 12-1:00pm DROP IN: 8:30am - 1:30pm	<b>17 Recovery Wellbeing Group</b> 10am-12pm <b>Craft Group</b> 1pm-3pm 	<b>18 Music</b> 10am-12pm  <b>Writing Circle</b> 1pm - 3pm   <b>BBQ at MHACA</b> 12-1pm <b>Men's Yarning Circle</b> 1pm-3pm	<b>19 Cinema</b> 10am-2pm 
<b>21 Healthy Cooking</b> 10am-12pm Free Healthy Lunch 12pm <b>Painting &amp; Craft</b> 1pm-3pm 	<b>22 Women's Group</b> 10pm-12pm RedLink Activities at The Y with Loo 11:30am -12:30pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	<b>23 Footy 4 Life</b> 10am-12pm  DROP IN: 8:30am - 1:30pm	<b>24 Recovery Wellbeing Group</b> 10am-12pm <b>Craft Group</b> 1pm-3pm  <b>I Can Lead with Mandy &amp; Mark from DAS</b> 1-3pm	<b>25 Music</b> 10am-12pm  <b>BBQ at MHACA</b> 12-1pm  <b>Retro Renegades</b> 1-3pm <b>Men's Yarning Circle</b> 1pm-3pm	<b>26 Standley Chasm</b> 10am-2pm 
<b>28 Healthy Cooking</b> 10am-12pm Peer Reference Group At MHACA 10am-11am Free Healthy Lunch 12pm <b>Painting &amp; Craft</b> 1pm-3pm 	<b>29 Women's Group</b> 10pm-12pm RedLink Activities at The Y with Loo 11:30am -12:30pm 8BALL @ CLUB EASTSIDE 1pm-2:30pm	<b>30 Footy 4 Life</b> 10am-12pm  DROP IN: 8:30am - 1:30pm	<b>31 Recovery Wellbeing Group</b> 10am-12pm <b>Craft Group</b> 1pm-3pm  <b>I Can Lead with Mandy &amp; Mark from DAS</b> 1-3pm		

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



# 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!

## 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.

## SPORTS AT THE Y

Join Loo from RedLink, for an exercise session at the Y. The exercise activates changes every week.

## WRITING CIRCLE

Participants led group where you can develop your writing skills and share ideas.

## RETRO RENEGADES

Participants led group where you can have fun playing old school classic games.

**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</li> <li>• Swimming</li> <li>• Drop-in Centre</li> </ul>	<ul style="list-style-type: none"> <li>• Footy 4 Life</li> </ul>
<b>Weekday Evening - Group Activities in the Centre</b> 04_103_0136_6_1	<ul style="list-style-type: none"> <li>• Recovery Wellbeing Group</li> <li>• Music connection</li> <li>• Health Cooking</li> <li>• Drop-in Centre</li> </ul>	<ul style="list-style-type: none"> <li>• Painting &amp; Craft</li> <li>• Craft Group</li> <li>• Women's Group</li> </ul>
<b>Weekday Evening - Group Activities in the Community</b> 04_103_0136_6_1	Any special weekday evening activities (movie nights, etc)	
<b>Weekday Evening - Group Activities in the Community</b> 04_103_0136_6_1	Weekly weekend activities range from cinema, ten pin bowling, Honeymoon Gap, camping, etc.	
<b>Transport</b>	Will be charged at \$0.99 per km	