

# GROUP ACTIVITIES

## October Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>  <b>Mindfulness Water Movement</b> 10am-11am <i>Drop-in: 8:30am - 1:30pm</i>	<b>2</b> <b>Recovery Wellbeing Group</b> 10am-12pm <b>Craft Group</b> 1pm-3pm 	<b>3</b> <b>Music</b> 10am-12pm <b>BBQ at MHACA</b> 12pm-1pm <b>Writing Circle</b> 1pm-3pm <b>Men's Yarning Circle</b> 1pm-3pm   	<b>4</b> <b>Bowling</b> 10am-2pm 
<b>6</b> <b>Healthy Cooking</b> 10am-12pm Free Healthy Lunch 12pm <b>Painting &amp; Craft</b> 1pm-3pm  	<b>7</b> <b>Women's Group</b> 10am-12pm <b>Sports at The Y with Reclink</b> 11:30am -12:30pm <b>8BALL</b> ⑧ <b>@ Club East Side</b> 1pm - 2:30pm	<b>8</b>  <b>Mindfulness Water Movement</b> 10am-11am <b>Community Nurses</b> 10:30am - 12pm <i>Drop-in: 8:30am - 1:30pm</i>	<b>9</b> <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>10</b> <b>Music</b> 10am-12pm <b>BBQ at MHACA</b> 12pm-1pm <b>Retro Renegades</b> 1pm-3pm <b>Men's Yarning Circle</b> 1pm-3pm   	<b>11</b> <b>BBQ at Telegraph Station</b> 10am-2pm 
<b>13</b> <b>Healthy Cooking</b> 10am-12pm Free Healthy Lunch 12pm <b>Painting &amp; Craft</b> 1pm-3pm <b>Plant Dyeing Workshop</b> 1pm-3pm   	<b>14 MENTAL</b> <b>Women's Group</b> 10am-12pm <b>Sports at The Y with Reclink</b> 11:30am -12:30pm <b>8BALL</b> ⑧ <b>@ Club East Side</b> 1pm - 2:30pm	<b>15 HEALTH</b>  <b>Mindfulness Water Movement</b> 10am-11am <b>Centrelink &amp; Lutheran Care</b> 9:30am - 12pm <b>Participant/Staff meeting</b> 12pm-1pm <i>Drop-in: 8:30am - 1:30pm</i>	<b>16 WEEK</b> <b>Recovery Wellbeing Group</b> 10am-12pm <b>Craft Group</b> 1pm-3pm 	<b>17</b> <b>Music</b> 10am-12pm  10am-1pm <b>Men's Yarning Circle</b> 1pm-3pm <b>Writing Circle</b> 1pm-3pm  	<b>18</b> <b>Cinema</b> 10am-2pm 
<b>20</b> <b>Healthy Cooking</b> 10am-12pm Free Healthy Lunch 12pm <b>Painting &amp; Craft</b> 1pm-3pm  	<b>21</b> <b>Women's Group</b> 10am-12pm <b>Sports at The Y with Reclink</b> 11:30am -12:30pm <b>8BALL</b> ⑧ <b>@ Club East Side</b> 1pm - 2:30pm	<b>22</b> <b>MHACA Closed</b> All staff planning day	<b>23</b> <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>24</b> <b>Music</b> 10am-12pm <b>BBQ at MHACA</b> 12pm-1pm <b>Retro Renegades</b> 1pm-3pm <b>Men's Yarning Circle</b> 1pm-3pm   	<b>25</b> <b>Standley Chasm</b> 10am-2pm 
<b>27</b> <b>Healthy Cooking</b> 10am-12pm Free Healthy Lunch 12pm <b>Peer Reference Group</b> 11:30am -12:30pm <b>Painting &amp; Craft</b> 1pm-3pm  	<b>28</b> <b>Women's Group</b> 10am-12pm <b>Sports at The Y with Reclink</b> 11:30am -12:30pm <b>8BALL</b> ⑧ <b>@ Club East Side</b> 1pm - 2:30pm	<b>29</b>  <b>Free Swimming</b> 10am-11am <i>Drop-in: 8:30am - 1:30pm</i>	<b>30</b> <b>Recovery Wellbeing Group</b> 10am-12pm <b>Craft Group</b> 1pm-3pm 	<b>31</b> <b>Music</b> 10am-12pm <b>BBQ at MHACA</b> 12pm-1pm <b>Writing Circle</b> 1pm-3pm <b>Men's Yarning Circle</b> 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 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!

## 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.

## WRITING CIRCLE

Come along to our Writing Circle and discover new ways to express yourself, connect with others, and spark your imagination.

## SPORTS AT THE Y

Join Loo from Reclink for an exercise session at the Y. Sports change every week.

## RETRO RENEGADES

Get together to play old-school classic games.

## MENTAL HEALTH WEEK: PLANT DYEING WORKSHOP + STRESS LESS AT THE PLAZA

- Plant Dyeing Workshop: Create pattern with flowers and plants and stamp it on a t-shirt that you'll be able to take home.
- Stress Less at the Plaza is the feature event of the week. Come and enjoy fun activities and information on wellbeing. Food vouchers will be provided for MHACA participants

## MINDFULNESS WATER MOVEMENT

Gentle water exercises guided by Reclink at the Alice Springs Aquatic Centre.

## 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	<div><div><ul style="list-style-type: none"><li>• Men's Yarning</li><li>• 8Ball</li><li>• Footy 4 Life</li></ul></div><div><ul style="list-style-type: none"><li>• Sports at the Y</li><li>• Mindfulness</li><li>• Water Movement</li></ul></div></div>	<b>\$32.77 per hour + CCC and non-face-to-face</b>
<b>Weekday Evening - Group Activities in the Centre</b> 04_102_0136_6_1	<div><div><ul style="list-style-type: none"><li>• Recovery Wellbeing Group</li><li>• Music</li><li>• Healthy Cooking</li><li>• Drop-in Centre</li></ul></div><div><ul style="list-style-type: none"><li>• Painting &amp; Craft</li><li>• Craft Group</li><li>• Women's Group</li><li>• Retro Renegades</li></ul></div></div>	<b>\$32.77 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>\$36.11 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>\$27.67 per hour + CCC and non- face-to-face</b>
<b>Transport</b>	Will be charged at \$0.99 per km	