

# GROUP ACTIVITIES

## February Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Healthy Cooking 10am-12pm Free Healthy Lunch 12pm	3 Sports at The Y with Reclink 11:30am -12:30pm 8BALL ⑧ @ Club East Side 1:30pm - 2:30pm	4 Mindfulness Water Movement 10am-11am Writing/Study Circle 10am-12pm Drop-in: 8:30am - 1:30pm	5 Recovery Wellbeing Group 10am-12pm Craft Group 1pm-3pm	6 Music 10am-12pm Healthy Lunch @MHACA 12pm-1pm Retro Renegades 1pm-3pm Men's Yarning Circle 1pm-3pm	7 Bowling 10am-2pm
9 Healthy Cooking 10am-12pm Free Healthy Lunch 12pm	10 Sports at The Y with Reclink 11:30am -12:30pm 8BALL ⑧ @ Club East Side 1:30pm - 2:30pm	11 Mindfulness Water Movement 10am-11am Writing/Study Circle 10am-12pm Community Nurses 11am-12pm Drop-in: 8:30am - 1:30pm	12 Recovery Wellbeing Group 10am-12pm Craft Group 1pm-3pm	13 Music 10am-12pm Healthy Lunch @MHACA 12pm-1pm Retro Renegades 1pm-3pm Men's Yarning Circle 1pm-3pm	14 Driving Range 10am-2pm
16 Healthy Cooking 10am-12pm Free Healthy Lunch 12pm	17 Sports at The Y with Reclink 11:30am -12:30pm 8BALL ⑧ @ Club East Side 1:30pm - 2:30pm	18 Participant/Staff Meeting 12pm-1pm Writing/Study Circle 10am-12pm Drop-in: 8:30am - 1:30pm	19 Recovery Wellbeing Group 10am-12pm Craft Group 1pm-3pm	20 Music 10am-12pm Healthy Lunch @MHACA 12pm-1pm Retro Renegades 1pm-3pm Men's Yarning Circle 1pm-3pm	21 Cinema 10am-2pm Imparja Cup MHACA Games: 11am-1pm and 4:30-6:30pm at Jim McConville Oval
23	24 HEALTHY	25 EATING	26 WEEK	27	28
Healthy Cooking 10am-12pm Free Healthy Lunch 12pm	MAKE YOUR OWN SMOOTHIE 10am-11am 8BALL ⑧ @ Club East Side 1:30pm - 2:30pm	GAMES AND HEALTHY SNACKS 9:30am-10:30am Free Swim at the Pool 10am-11am Writing/Study Circle 10am-12pm Drop-in: 8:30am - 1:30pm	HEALTHY BREAKFAST 9:30am-10:30am Recovery Wellbeing Group 10am-12pm Craft Group 1pm-3pm	Music 10am-12pm Healthy Lunch @MHACA 12pm-1pm Retro Renegades 1pm-3pm Men's Yarning Circle 1pm-3pm	Pool and Picnic 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.



# 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.

## RETRO RENEGADES

Let's get together to play old-school classic games.

## MUSIC

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.

## COMMUNITY NURSES

Monthly visit and check-ups from the community nurses team.

## WRITING/STUDY CIRCLE

Come along to the Writing Circle to spark your imaginations and discover new ways to express yourself and connect with others.

## SPORTS AT THE Y

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

## MINDFULNESS WATER MOVEMENT

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

## HEALTHY EATING WEEK

MHACA will host Healthy Eating Week as part of our healthy bodies Support healthy Minds program. Eating healthy improves our wellbeing.

- Tuesday 10 February: Make your own smoothie
- Wednesday 11 February: Games and healthy snacks
- Thursday 12 February: Healthy breakfast

## 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>• 8Ball</li><li>• Footy 4 Life</li></ul> <ul style="list-style-type: none"><li>• Sports at the Y</li><li>• Mindfulness Water Movement</li></ul>	<b>\$32.77 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>• Recovery Wellbeing Group</li><li>• Music</li><li>• Healthy 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><li>• Retro Renegades</li></ul>	<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>\$46.12 per hour + CCC and non-face-to-face</b>
Transport	Will be charged at \$0.99 per km	