






































GROUP ACTIVITIES

April Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 Free Swim at the Pool 10am - 11am </p> <p>Writing/Study Circle 10am - 12pm </p> <p>Audit Celebration Shared healthy lunch 12pm - 1pm</p> <p><i>Drop-in: 8:30am - 1:30pm</i></p>	<p>2 Hearing Voices Group 10am - 12pm</p> <p>Easter Egg Hunt 12:30pm - 1pm </p> <p>Craft Group 1pm - 3pm </p>	<p>3 MHACA Closed Public Holiday</p>	<p>4 No weekend activity</p> <p></p>
<p>6 MHACA Closed Public Holiday</p> <p></p>	<p>7 Women's Group 10am - 12pm</p> <p>Sports at The Y with Reclink 11:30am - 12:30pm </p> <p>8BALL @ Club East Side 1:30pm - 2:30pm</p>	<p>8 Free Swim at the Pool 10am - 11am </p> <p>Writing/Study Circle 10am - 12pm </p> <p>Community Nurses 11am - 12pm</p> <p><i>Drop-in: 8:30am - 1:30pm</i></p>	<p>9 Hearing Voices Group 10am - 12pm</p> <p>Craft Group 1pm - 3pm </p>	<p>10 Music 10am - 12pm </p> <p>BBQ at MHACA 12pm - 1pm </p> <p>Retro Renegades 1pm - 3pm </p> <p>Men's Yarning Circle 1pm - 3pm</p>	<p>11 Driving Range 10am - 2pm</p> <p></p>
<p>13 Healthy Cooking 10am - 12pm </p> <p>Free Healthy Lunch 12pm</p> <p>Peer Reference Group 11:30am - 12:30pm</p>	<p>14 Women's Group 10am - 12pm</p> <p>Sports at The Y with Reclink 11:30am - 12:30pm </p> <p>8BALL @ Club East Side 1:30pm - 2:30pm</p>	<p>15 Free Swim at the Pool 10am - 11am </p> <p>Writing/Study Circle 10am - 12pm </p> <p>Participants + Staff Meeting 12pm - 1pm</p> <p><i>Drop-in: 8:30am - 1:30pm</i></p>	<p>16 Hearing Voices Group 10am - 12pm</p> <p>Craft Group 1pm - 3pm </p>	<p>17 Music 10am - 12pm </p> <p>BBQ at MHACA 12pm - 1pm </p> <p>Retro Renegades 1pm - 3pm </p> <p>Men's Yarning Circle 1pm - 3pm</p>	<p>18 PARRTJIMA A FESTIVAL IN LIGHT</p> <p>5pm - 9pm</p>
<p>20 Gambling Education 10am - 12pm</p> <p>Healthy Cooking 10am - 12pm </p> <p>Free Healthy Lunch 12pm</p> <p>TRIVIA 1pm - 2pm </p>	<p>21 Women's Group 10am - 12pm</p> <p>Sports at The Y with Reclink 11:30am - 12:30pm </p> <p>8BALL @ Club East Side 1:30pm - 2:30pm</p>	<p>22 Participant Wellbeing Day 10:30am - 1pm</p> <p></p> <p><i>Drop-in: 8:30am - 1:30pm</i></p>	<p>23 Centrelink 9am - 11pm</p> <p>Hearing Voices Group 10am - 12pm</p> <p>Craft Group 1pm - 3pm </p>	<p>24 Music 10am - 12pm </p> <p>BBQ at MHACA 12pm - 1pm </p> <p>Retro Renegades 1pm - 3pm </p> <p>Men's Yarning Circle 1pm - 3pm</p> <p>Cinema 5pm - 9pm </p>	<p>25 No Weekend Activity</p>
<p>27 Healthy Cooking 10am - 12pm </p> <p>Free Healthy Lunch 12pm</p> <p>Cricket 1pm - 3pm </p>	<p>28 Women's Group 10am - 12pm</p> <p>Sports at The Y with Reclink 11:30am - 12:30pm </p> <p>8BALL @ Club East Side 1:30pm - 2:30pm</p>	<p>29 Footy 4 life 10am - 12pm </p> <p>Writing/Study Circle 10am - 12pm </p> <p><i>Drop-in: 8:30am - 1:30pm</i></p>	<p>30 Hearing Voices Group 10am - 12pm</p> <p>Craft Group 1pm - 3pm </p>		

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 who are navigating mental health challenges.

TRIVIA

Join our trivia hour for fun questions and great vibes.

HEALTHY COOKING

Join us for a fun and interactive cooking session! Discover new, healthy, and delicious recipes every week and share the meal you've crooked with fellow participants.

8BALL @ CLUB EASTSIDE

Come join us for a friendly 8Ball competition at Club Eastside! Whether you're a seasoned player or a complete beginner, everyone is welcome.

CENTRELINK AT MHACA

This is an opportunity to have a free and confidential chat with a Centrelink representative about any concerns you may have.

CATHOLIC CARE EDUCATION ON GAMBLING

An education session to teach and understand the risks and harms of gambling.

WOMEN'S GROUP

Join this women's only group that creates a safe space to share stories and meet other women who are going through similar experiences.

MUSIC

Come along to play some tunes, have fun, and connect with others!

HEARING VOICES GROUP

This safe and understanding group is for those who are voice hearers or people who experience intrusive and disturbing thoughts. It allows you to share your stories, learn new coping strategies, and connect with others.

CRAFT GROUP

Come and unleash your creative side! Painting, drawing, sewing, printing and many other fun crafts every week.

FOOTY 4 LIFE

Get some gentle exercise at Footy 4 Life facilitated by AFL NT. This is for people of all abilities.

AUDIT CELEBRATION-SHARED HEALTHY LUNCH

Let's come together to celebrate the success of MHACA's audit by having a shared lunch with staff and participants.

COMMUNITY NURSES

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

PARTICIPANT WELLBEING DAY

Enjoy free haircuts, relaxing massages, nail treatments, and a healthy lunch. Come and treat yourself to a day of pampering!

WRITING/STUDY CIRCLE

Come along to the Writing Circle and discover new ways to express yourself.

SPORTS AT THE Y

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

RETRO RENEGADES

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

FREE SWIM AT THE POOL

Take a break from the heat and enjoy a free swim 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	
Weekday - Group activities in the Community 04_102_0136_6_1	<ul style="list-style-type: none"> Men's Yarning 8Ball Footy 4 Life 	<ul style="list-style-type: none"> Free Swim at the Pool Sports at the Y Hearing Voices Group 	\$32.77 per hour + CCC and non-face-to-face
Weekday - Group Activities in the Centre 04_102_0136_6_1	<ul style="list-style-type: none"> Women's Group Music Healthy Cooking Drop-in Centre 	<ul style="list-style-type: none"> Trivia Craft Group Writing/Study Circle Retro Renegades 	\$32.77 per hour + CCC and non-face-to-face
Weekday Evening - Group Activities in the Community 04_103_0136_6_1	Any special weekday evening activities (Cinema, night markets etc)		\$36.11 per hour + CCC and non-face-to-face
Weekend - Group Activities in the Community 04_104_0136_6_1	Weekly weekend activities range from cinema, ten pin bowling, driving range, camping, etc.		\$46.12 per hour + CCC and non-face-to-face
Transport	Will be charged at \$0.99 per km		