

GROUP ACTIVITIES

May Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Music 10am - 12pm Meet the NDIS Commission BBQ provided 10:00am - 2:00pm Retro Renegades 1pm - 3pm Men's Yarning Circle 1pm - 3pm	2 Bowling 10am-2pm
4 MHACA CLOSED Public Holiday	5 Women's Group 10am - 12pm Sports at The Y with Reclink 11:30am -12:30pm 8BALL @ Club East Side 1:30pm - 2:30pm	6 Footy 4 life 10am - 12pm Collaborative Creations 10am - 12pm Drop-in: 8:30am - 1:30pm	7 Hearing Voices Group 10am-12pm HEART WEEK Presentation and Chair Yoga 10:30pm - 12:30pm Drive & Vibe 1pm - 3pm	8 Music 10am - 12pm BBQ at MHACA 12pm - 1pm Retro Renegades 1pm - 3pm Men's Yarning Circle 1pm - 3pm	9 Standley Chasm 10am - 2pm
11 Healthy Cooking 10am - 12pm Free Healthy Lunch 12pm Soccer at Ross Park 1pm - 3pm	12 Women's Group 10am - 12pm Sports at The Y with Reclink 11:30am -12:30pm 8BALL @ Club East Side 1:30pm - 2:30pm	13 Footy 4 life 10am - 12pm Collaborative Creations 10am - 12pm Community Nurses 11am - 12pm Drop-in: 8:30am - 1:30pm	14 Hearing Voices Group 10am - 12pm Drive & Vibe 1pm - 3pm Banff Mountain Film festival 6pm - 10:30pm	15 Music 10am - 12pm BBQ at MHACA 12pm - 1pm Retro Renegades 1pm - 3pm Men's Yarning Circle 1pm - 3pm	16 No weekend activity
18 Healthy Cooking 10am - 12pm Free Healthy Lunch 12pm Peer Reference Group 11:30am - 12:30pm	19 Women's Group 10am - 12pm Sports at The Y with Reclink 11:30am -12:30pm 8BALL @ Club East Side 1:30pm - 2:30pm	20 Footy 4 life 10am - 12pm Collaborative Creations 10am - 12pm Participants + Staff Meeting 12pm - 1pm Drop-in: 8:30am - 1:30pm	21 Centrelink 9am -11am Hearing Voices Group 10am - 12pm Drive & Vibe 1pm - 3pm	22 Music 10am - 12pm BBQ at MHACA 12pm - 1pm Retro Renegades 1pm - 3pm Men's Yarning Circle 1pm - 3pm	23 Telegraph Station and BBQ 10am-2pm
25 Healthy Cooking 10am - 12pm Free Healthy Lunch 12pm TRIVIA 1pm - 2pm	26 Women's Group 10am - 12pm Sports at The Y with Reclink 11:30am - 12:30pm 8BALL @ Club East Side 1:30pm - 2:30pm	27 Footy 4 life 10am - 12pm Collaborative Creations 10am - 12pm Drop-in: 8:30am - 1:30pm	28 Hearing Voices Group 10am - 12pm Drive & Vibe 1pm - 3pm	29 Music 10am - 12pm BBQ at MHACA 12pm - 1pm Retro Renegades 1pm - 3pm Men's Yarning Circle 1pm - 3pm	30 Driving Range 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 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.

DRIVE & VIBE

Come along for a drive and some music - destination decided each week.

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.

FOOTY 4 LIFE

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

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!

COLABORATIVE CREATIONS

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

SPORTS AT THE Y

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

RETRO RENEGADES

Let's get together to play 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
Weekday - Group activities in the Community 04_102_0136_6_1	<ul style="list-style-type: none"> Men's Yarning 8Ball Footy 4 Life 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 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	