

GROUP ACTIVITIES

September 2026 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 YES	3 SURVEY	4	5
		Footy 4 life 10am - 12pm  Collaborative Creations 10am - 12pm  <i>Drop-in: 8:30am - 1:30pm</i>	Basketball 10am - 11am  Hearing Voices Group 11am - 12:30pm Drive & Vibe  1:30pm - 2:30pm	Music 10am - 12pm  YES Burger Lunch 12:30pm  Men's Yarning Circle 1pm - 3pm	Bowling 10am-2pm 
7 Healthy Cooking 10:30am - 12:30pm Free Healthy Lunch 12:30 Mini Golf 1:30 - 2:30pm 	8 Women's Health Week Afternoon Tea 1:30pm Sports at The Y with Reclink 11:30am -12:30pm  8BALL  @ Club East Side 1:30pm - 2:30pm	9 Collaborative Creations 10am - 12pm  Community Nurses 11am - 12pm <i>Drop-in: 8:30am - 1:30pm</i>	10 Basketball 10am - 11am  Hearing Voices Group 11am - 12:30pm Drive & Vibe  1:30pm - 2:30pm	11 World Suicide Prevention Day Walk & Breakfast 7am - 9am Music 10am - 12pm BBQ Lunch 12:30pm Men's Yarning Circle 1pm - 3pm	12 Picnic at Telegraph Station 10am-2pm 
14 Congress Diabetes Info Session 12pm - 2pm Healthy Cooking 10:30am - 12:00pm Free Healthy Lunch 12:00 Mini Golf 1:30 - 2:30pm 	15 Sports at The Y with Reclink 11:30am -12:30pm  8BALL  @ Club East Side 1:30pm - 2:30pm	16 Collaborative Creations 10am - 12pm  <i>Drop-in: 8:30am - 1:30pm</i>	17 Centrelink 9am - 11am Basketball 10am - 11am  Hearing Voices Group 11am - 12:30pm Drive & Vibe  1:30pm - 2:30pm	18 Music 10am - 12pm  BBQ Lunch 12:30pm Men's Yarning Circle 1pm - 3pm	19 Lawn Bowls 10am-2pm 
21 Healthy Cooking 10:30am - 12:30pm Free Healthy Lunch 12:30 Mini Golf 1:30 - 2:30pm 	22 Sports at The Y with Reclink 11:30am -12:30pm  8BALL  @ Club East Side 1:30pm - 2:30pm	23 Collaborative Creations 10am - 12pm  Participant Day Trip 10:30 am - 2:30pm  <i>Drop-in: 8:30am - 1:30pm</i>	24 Basketball 10am - 11am  Hearing Voices Group 11am - 12:30pm Drive & Vibe  1:30pm - 2:30pm	25 Music 10am - 12pm  BBQ Lunch 12:30pm Men's Yarning Circle 1pm - 3pm	26 Cinema 10am-2pm 
28 Healthy Cooking 10:30am - 12:30pm Free Healthy Lunch 12:30 Mini Golf 1:30 - 2:30pm 	29 Sports at The Y with Reclink 11:30am -12:30pm  8BALL  @ Club East Side 1:30pm - 2:30pm	30 Collaborative Creations 10am - 12pm  Participants + Staff Meeting 12pm - 1pm <i>Drop-in: 8:30am - 1:30pm</i>			

*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.

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 cooked 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 will be decided each week.

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.

BASKETBALL

Join us for a fun, low-key game of Basketball at the local courts.

MINI GOLF

Enjoy a fun game of mini golf at Alice Springs Leisure Centre.

SPORTS AT THE Y

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

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	- Men's Yarning 8Ball - Footy 4 Life	- Sports at the Y - Hearing Voices Group - Basketball	\$34.33 per hour + CCC and non-face-to-face
Weekday - Group Activities in the Centre 04_102_0136_6_1	- Writing/Study Circle - Music - Healthy Cooking - Drop-in Centre	- Computer Skills - Mini Golf - BBQ at MHACA	\$34.33 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)		\$37.83 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.		\$48.32 per hour + CCC and non- face-to-face
Transport	Will be charged at \$0.99 per km		