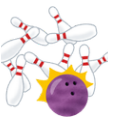


GROUP ACTIVITIES

October 2026 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Hearing Voices Group 11am - 12:30pm  8BALL  @ Club East Side 1:30pm - 2:30pm	2 Music 10am - 12pm  BBQ Lunch 12:30pm Men's Yarning Circle 1pm - 3pm	3 Bowling 10am-2pm 
5 Healthy Cooking 10:30am - 12:30pm Free Healthy Lunch 12:30pm Craft and Create 1:30pm - 2:30pm 	6 Sports at The Y with Reclink  11:30am - 12:30pm 8BALL  @ Club East Side 1:30pm - 2:30pm	7 Collaborative Creations  10am - 12pm Community Nurses 11am - 12pm Drop-in: 8:30am - 1:30pm	8 Hearing Voices Group 11am - 12:30pm 	9 Music 10am - 12pm  BBQ Lunch 12:30pm Men's Yarning Circle 1pm - 3pm	10 Pool and Picnic 10am-2pm 
12 Healthy Cooking 10:30am - 12:00pm Free Healthy Lunch 12:30pm Puzzle Time  2pm - 3pm Masters Soccer Game 5:00pm - 9:00pm	13 Sports at The Y with Reclink  11:30am - 12:30pm	14 Mosaic Activity at MHACA  9:30am - 10:30pm Collaborative Creations  10am - 12pm Drop-in: 8:30am - 1:30pm	15 Centrelink 9am - 11am Hearing Voices Group 11am - 12:30pm  8BALL  @ Club East Side 1:30pm - 2:30pm	16  10am to 1pm Music 10am - 12pm  BBQ Lunch 12:30pm Men's Yarning Circle 1pm - 3pm	17 No Saturday Activity
19 Healthy Cooking 10:30am - 12:30pm Free Healthy Lunch 12:30pm Craft and Create 1:30pm - 2:30pm 	20 Sports at The Y with Reclink  11:30am - 12:30pm 8BALL  @ Club East Side 1:30pm - 2:30pm	21 Collaborative Creations  10am - 12pm Drop-in: 8:30am - 1:30pm	22 Hearing Voices Group 11am - 12:30pm 	23 Music 10am - 12pm  BBQ Lunch 12:30pm Men's Yarning Circle 1pm - 3pm	24 Aileron Road Trip 10am-2pm 
26 Healthy Cooking 10:30am - 12:30pm Free Healthy Lunch 12:30pm Puzzle Time  2pm - 3pm	27 Sports at The Y with Reclink  11:30am - 12:30pm  Halloween Movie Afternoon 1pm-3pm	28 Collaborative Creations  10am - 12pm Participants + Staff Meeting 12pm - 1pm Drop-in: 8:30am - 1:30pm	29 Hearing Voices Group 11am - 12:30pm  8BALL  @ Club East Side 1:30pm - 2:30pm	30  HALLOWEEN Music, Costumes and Lunch 10am-3pm	31 Cinema 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.



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 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.

COLLABORATIVE CREATIONS

Work together on shared creative ideas and projects.

COMMUNITY NURSES

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

PUZZLE TIME

Puzzles, brain games and problem-solving.

CRAFT AND CREATE

Hands-on arts, crafts and creative projects.

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		