GROUP ACTIVITIES

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **Healthy Cooking** **10:30am - 12:30pm** Free Healthy Lunch 12:30pm **Dungeons and Dragons 1pm-3pm**	3 **MHACA Closed 8am-12pm** **Melbourne Cup Day**	4 **MHACA Closed All Staff Planning Day**	5 **Hearing Voices Group** **11am - 12:30pm** **8BALL @ Club East Side** **1:30pm - 2:30pm**	6 **Music** **10am - 12pm** **BBQ Lunch 12:30pm** **Men's Yarning Circle** **1pm - 3pm**	7 **Bowling** **10am-2pm**
9 **Healthy Cooking** **10:30am - 12:30pm** Free Healthy Lunch 12:30pm **Beyond the Canvas Art Time** **1:30pm-2:30pm**	10 **Fire Truck Safety Event** **9:30am-10:30am** **Sports at The Y with Reclink** **11:30am -12:30pm** **8BALL @ Club East Side** **1:30pm - 2:30pm**	11 **Collaborative Creations** **10am - 12pm** **Community Nurses 11am - 12pm** *Drop-in: 8:30am - 1:30pm*	12 **Hearing Voices Group** **11am - 12:30pm** **Healthy Bodies Activity: Picture Frame/ Crafts** **1:30pm-3:30pm**	13 **Music** **10am - 12pm** **BBQ Lunch 12:30pm** **Men's Yarning Circle** **1pm - 3pm**	14 **Pool & Picnic** **10am-2pm**
16 **Healthy Cooking** **10:30am - 12:00pm** Free Healthy Lunch 12:30pm **Puzzle Time** **2pm -3pm**	17 **Sports at The Y with Reclink** **11:30am -12:30pm** **Dental Care Session** **9:30am-10:30am**	18 **Collaborative Creations** **10am - 12pm** **Healthy Bodies Activity: Swim at Town Pool** **10am-12pm** *Drop-in: 8:30am - 1:30pm*	19 **Centrelink** **9am - 11am** **Hearing Voices Group** **11am - 12:30pm** **8BALL @ Club East Side 1:30pm - 2:30pm**	20 **Music** **10am - 12pm** **BBQ Lunch 12:30pm** **Men's Yarning Circle** **1pm - 3pm**	21 **Cinema** **10am-2pm**
23 **Beyond** **Healthy Cooking** **10:30am - 12:30pm** Free Healthy Lunch 12:30pm **Beyond the Canvas Art Time** **1:30pm-2:30pm**	24 **The** **Smoothie Morning** **9am-10am** **Sports at The Y with Reclink** **11:30am -12:30pm** **8BALL @ Club East Side 1:30pm - 2:30pm**	25 **Canvas** **Collaborative Creations** **10am - 12pm** **Participants + Staff Meeting 12pm - 1pm** *Drop-in: 8:30am - 1:30pm*	26 **Week** **Hearing Voices Group** **11am - 12:30pm** **Beyond the Canvas Last Entries 1pm-3pm**	27 **Celebration** **Music** **10am - 12pm** **Beyond the Canvas Art Show** **12pm-12:30pm** **BBQ Lunch 12:30pm** **Men's Yarning Circle** **1pm - 3pm**	28 **Ormiston Gorge** **10am-2pm**
30 **Healthy Cooking** **10:30am - 12:30pm** Free Healthy Lunch 12:30pm **Puzzle Time** **2pm -3pm**					

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.

We support the ndis

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.

DUNGEONS AND DRAGONS
Join us for an afternoon of Dungeons and Dragons. A role playing game where you can play any character you want. Sessions is for First timers.

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.

Centre Link
Monthly visit from a Centrelink representative.

PUZZLE TIME
Puzzles, brain games and problem-solving.

BEYOND THE CANVAS ART TIME
Let your creativity flow and spend some time on creative projects for the upcoming 'Beyond the Canvas' Participant Art show.

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

BEYOND THE CANVAS WEEK
An inhouse gallery exhibition to celebrate our participants and their creative works. Friday the 30th we will have a gallery and participants can vote on thier favorite peice. Prizes for most votes and special award catagories.

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	