





GROUP ACTIVITIES

February Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Cinema 10am-2pm 
3 HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm 	4 SWIMMING 11:30am-12:30pm  8BALL @ CLUB EASTSIDE 1pm-2:30pm	5 SWIMMING 10am-12pm  DROP IN: 8:30am - 1:30pm	6 HEARING VOICES GROUP 10am-12pm PICKLEBALL 10am-11am  CRAFT 1pm-3pm 	7 MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-3pm	8 Bowling 10am-2pm 
10 SMART 11 EATING 12 WEEK 13 14					
HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm 	SWIMMING 11:30am-12:30pm  MAKE YOUR OWN SMOOTHIE 10am-11am 8BALL @ CLUB EASTSIDE 1pm-2:30pm	SWIMMING 10am-12pm  COMMUNITY NURSES 11am - 12pm INTERACTIVE ACTIVITY WITH DIETITIANS 12pm-1pm Healthy snacks provided DROP IN: 8:30am - 1:30pm	HEARING VOICES GROUP 10am-12pm PICKLEBALL 10am-11am CENTRELINK & LUTHERAN MONEY HUB 9:30am - 12pm MAKE YOUR OWN HEALTHY PIZZA 11:30am-12:30pm  CRAFT 1pm-3pm 	MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-3pm	15 Picnic and swim at Town Pool 10am-2pm 
HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm 	SWIMMING 11:30am-12:30pm  8BALL @ CLUB EASTSIDE 1pm-2:30pm	SWIMMING 10am-12pm  PARTICIPANT/STAFF MEETING Free healthy lunch provided 12pm - 1pm DROP IN: 8:30am - 1:30pm	HEARING VOICES GROUP 10am-12pm PICKLEBALL 10am-11am  CRAFT 1pm-3pm 	MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-3pm	22 Cinema 10am-2pm 
HEALTHY COOKING 10am-12pm Free Healthy Lunch 12pm 	SWIMMING 11:30am-12:30pm  8BALL @ CLUB EASTSIDE 1pm-2:30pm	PARTICIPANT WELLBEING DAY 10am - 1pm Healthy lunch provided DROP IN: 8:30am - 1:30pm	HEARING VOICES GROUP 10am-12pm PICKLEBALL 10am-11am  CRAFT 1pm-3pm 	MUSIC CONNECTION 10am-12pm  MEN'S YARNING CIRCLE 1pm-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 by calling/texting 8950 4600 or 0439 844 146

Pickups are available for calendar activities for MHACA participants only (but not Drop-in).



GROUP ACTIVITIES

HEARING VOICES GROUP

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

CRAFT

Come and unleash your creative side! Painting, drawing, sewing, printing and many other fun crafts are experimented with weekly. Everything you make you can take home and enjoy.

MEN'S YARNING CIRCLE

Join Lachlan and share your experiences in a supportive group with other men. Go on trips to various locations around Alice, meet other men who are also experiencing mental health issues and learn to support one another. Find new strategies for increasing wellbeing.

HEALTHY COOKING

Come and cook healthy and tasty meals! Learn a new recipe every week and share the lunch you've prepared with other participants afterwards.

8BALL @ CLUB EASTSIDE

Join us for a friendly competition of 8Ball at Club East Side. 8Ball is a game that is played on a table with balls, much like pool. All levels of skill are welcome, you don't need to have played before.

CENTRELINK & LUTHERAN CARE MONEY HUB

This is an opportunity to have a free and confidential chat with a Centrelink representative about any concerns you may have about your situation. Lutheran Care offers free and confidential financial counselling so you can get advice from a qualified person about your finances, including help with budgeting and managing debts.

MUSIC CONNECTION

MHACA's Friday morning jam session is a great way to support your wellbeing through music. Join us to play some tunes!

PICKLEBALL

Join MHACA at the Y to play indoor Pickleball, a racket sport where two or four players hit a perforated, hollow plastic ball with paddles over a net, similar to tennis.

SWIMMING

Get some gentle exercise at the Alice Springs Town Pool. A perfect way to cool off in the middle of the week. Bring your swimmers and towel and enjoy the water!

SMART EATING WEEK

MHACA will host Smart Eating Week as part of our Healthy Bodies Support Healthy Minds program. Eating healthy improves our wellbeing.

- Tuesday 11 February: Make your own smoothie
- Wednesday 12 February: Flynn Drive Dietitians interactive activity and healthy snacks
- Thursday 13 February: Make your own healthy pizza

PARTICIPANT WELLBEING DAY

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

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 Circle • 8Ball • Pickleball • Swimming 	\$31.52 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"> • Drop-in Centre • Hearing Voices Group • Music Connection • Healthy Cooking • Craft 	\$31.52 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 (movie nights, etc)	\$20.84 per hour + CCC and non-face-to-face
Weekend Activities - Group Activities in the Community 04_104_0136_6_1	Weekly weekend activities range from cinema, ten pin bowling, Honeymoon Gap, camping, etc.	\$26.62 per hour + CCC and non-face-to-face
Transport	Will be charged at \$0.99 per km	