







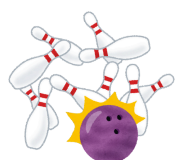
















GROUP ACTIVITIES

April Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Games at MHACA 10am-12pm  <i>DROP IN: 8:30am - 1:30pm</i>	3 Recovery Wellbeing Group 10am-12pm Craft Group 1pm-3pm 	4 Music Connection 10am-12pm  BBQ at MHACA 12pm - 1pm  Men's Yarning Circle 1pm-3pm	5 Parrtjima 5:30pm-8:30pm 
7 Healthy Cooking 10am-12pm Free Healthy Lunch 12pm Painting & Craft 1pm-3pm 	8 Women's Group 10am-12pm Swimming with Lucinda 11:30am-12:30pm  8Ball at Club East Side 1pm - 2:30pm 	9 Lawn Bowls 10am-11:30am  Community Nurses 11am - 12pm <i>DROP IN: 8:30am - 1:30pm</i>	10 Recovery Wellbeing Group 10am-12pm Craft Group 1pm-3pm  Centrelink & Lutheran Money Hub 9:30am - 12pm	11 Music Connection 10am-12pm  BBQ at MHACA 12pm - 1pm  Men's Yarning Circle 1pm-3pm	12 Bowling 10am-2pm 
14 Healthy Cooking 10am-12pm Free Healthy Lunch 12pm Painting & Craft 1pm-3pm 	15 Women's Group 10am-12pm Swimming with Lucinda 11:30am-12:30pm  8Ball at Club East Side 1pm - 2:30pm 	16 Games at MHACA 10am-12pm  Participant & Staff Meeting Free healthy lunch provided 12pm - 1pm <i>DROP IN: 8:30am - 1:30pm</i>	17 Recovery Wellbeing Group 10am-12pm DASA 40 Years Community event 11am-1pm Craft Group 1pm-3pm 	18 MHACA closed <i>Public Holiday</i>	19 No Weekend Activity
21 MHACA closed <i>Public Holiday</i>	22 Women's Group 10am-12pm Swimming with Lucinda 11:30am-12:30pm  8Ball at Club East Side 1pm - 2:30pm 	23 Driving Range 10am-11:30am  <i>DROP IN: 8:30am - 1:30pm</i>	24 Recovery Wellbeing Group 10am-12pm Craft Group 1pm-3pm  Footy at ASCC 1pm - 3pm 	25 MHACA closed <i>Public Holiday</i>	26 Picnic at Telegraph Station 10am-2pm 
28 Healthy Cooking 10am-12pm Free Healthy Lunch 12pm Painting & Craft 1pm-3pm 	29 Women's Group 10am-12pm Swimming with Lucinda 11:30am-12:30pm  8Ball at Club East Side 1pm - 2:30pm 	30 Footy 4 Life 10am-12pm  <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. Connect with others who are navigating mental health challenges, go on trips to various locations around Alice and learn practical strategies to enhance your wellbeing.

HEALTHY COOKING

Join us for a fun and interactive cooking session! Discover new, healthy, and delicious recipes every week, then share the meal you've created with fellow participants. It's a great way to learn, connect, and enjoy tasty food together!

8BALL @ CLUB EASTSIDE

Come join us for a fun and friendly 8Ball competition at Club Eastside! Whether you're a seasoned player or a complete beginner, everyone is welcome to join the game. 8Ball is played on a table with balls, similar to pool, and it's all about having a good time together.

CENTRELINK & LUTHERAN CARE MONEY HUB

Take the opportunity to have a free, confidential chat with a Centrelink representative about any concerns regarding your situation. Lutheran Care also offers free confidential financial counselling with a qualified expert who can assist you with budgeting, managing debts, and other financial matters.

MUSIC CONNECTION

MHACA's Friday morning jam session is a great way to boost your wellbeing through music. Come along and join us to play some tunes, have fun, and connect with others!

SWIMMING

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

RECOVERY WELLBEING GROUP

This safe and understanding group allows you to share your stories, learn new strategies for coping with your mental health and make connections with others.

CRAFT GROUP

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.

WOMEN'S GROUP

Join this women's only group that creates a safe space for you to share your story and meet other women who are going through a similar experiences.

FOOTY 4 LIFE

Get some gentle exercise at Footy 4 Life facilitated by AFL NT. This is for people of all abilities and uses the sport of AFL as a tool to improve physical and mental health.

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 Swimming Footy 4 Life Driving Range Lawn Bawls 	\$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 Recovery Wellbeing Group Music Connection Healthy Cooking Painting & Craft Craft Group Women's Group Games at MHACA 	\$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 - 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	