

GROUP ACTIVITIES

April calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	2 CLOSED <i>Good Friday</i> 	3
5 CLOSED <i>Easter Monday</i> 	6 WOMEN'S RECOVERY GROUP 10am-12pm	7 TABLE TENNIS @ MHACA 	8 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	9 FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	10 Parrtjima Light Festival Between 5pm-9pm
12 DROP IN: 8:30am - 1:30pm 	13 WOMEN'S RECOVERY GROUP 10am-12pm	14 COMMUNITY NURSES 11am-12pm BOARD GAMES @ MHACA 	15 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	16 FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	17 Araluen & Lunch @ Yaye's Between 10am-2pm 
19 DROP IN: 8:30am - 1:30pm 	20 WOMEN'S RECOVERY GROUP 10am-12pm	21 STAFF/PARTICIPANT MEETING 12pm-1pm CENTRELINK VIRTUAL MEETING 1pm-2:30pm	22 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	23 FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	24 Cinema Between 10am-2pm 
26 ANZAC DAY PUBLIC HOLIDAY 	27 WOMEN'S RECOVERY GROUP 10am-12pm	28 MHACA Clean Up & BBQ 10am-1pm	29 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	30 FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	

If you would like to participate in any of the activities, please RSVP to 8950 4600 or 0439 844 146 ONE WEEK BEFOREHAND

Please remember to wash and sanitise your hands frequently, practice good hygiene and social distancing.
If you are feeling unwell, please do not come to MHACA.



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.

How to join in: Please book at least ONE WEEK in advance by calling/texting Sharon on 8950 4600 or 0439 844 146

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

GROUP ACTIVITIES

Hearing Voices: This group is specially 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 who experience the same things you do.

Craft: Come and join Josephina as you unleash your creative side! Painting, drawing, sculpting, printing and many other fun crafts are experimented with weekly. Everything you make you can take home and decorate your home with.

Men's Yarning Circle: Come and join Lachlan and share your experiences in a supportive group of 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 and find new strategies to cope.

Water Activities at the Pool: Come and join John and get some gentle exercise while enjoying the cool water at the Alice Springs Town Pool! Chat, socialise and get that body moving in a supportive and fun environment. Bring your swimmers and jump in! A perfect way to cool off at the end of the week.

Women's Group: Join Sarah and Brooke every week in this women's only group that creates a safe space for you to share your story about what is happening currently with your personal mental health journey and covers a different recovery-focused topic every week. It also gives you the opportunity to meet other women who are going through a similar experience as you.

Friday Jam Session: Start the weekend right and come Jam with Tom at MHACA on a Friday afternoon!

Centrelink Virtual Meetings: Centrelink workers available for phone enquiries - please bring your CRN on Monday to book an appointment

MHACA Clean up and BBQ: Come down and help give our MHACA a clean up then enjoy a BBQ afterwards.

NDIS PRICE GUIDE:

If you are a MHACA Participant and also have an NDIS Plan, please ensure you RSVP to all activities you wish to attend by 3PM the day before for pick-up and attendance purposes.

If you cannot make an activity, please cancel your attendance by 3PM the day before. If you cancel after 3PM the day prior, or do not show up for an activity that is in your plan, MHACA will charge you at 100% of the activity rate.

If you have any questions, please discuss these with your Support Coordinator.

You do not need to have an NDIS Plan to access MHACA or any of the daily activities - all activities are funded and participants are welcome and encouraged to join in and attend.

Support Items	Activities	Hourly Rate
Weekday - Group activities in the Community 04_120_0136_6_1_T	<ul style="list-style-type: none"> Water Activities @ The Pool Men's Yarning Circle Women's Recovery Group 	\$34.02 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> Drop In Music Program Hearing Voices Craft Group Jam Sessions 	\$37.03 per hour
Weekday Evening - Group Activities in the Community 04_123_0136_6_1_T	Any special weekday evening activities (eg. movie nights etc)	\$36.67 per hour
Weekend Activities - Group activities in the Community 04_121_0136_6_1_T	Monthly weekend activities range from cinema, tenpin bowling, Simpson's Gap, camping etc	\$47.73 per hour
Transport	Will be charged at \$0.85 per km	