

GROUP ACTIVITIES

December calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  CHRISTMAS TREE DECORATING 8:30am-10am WOMEN'S RECOVERY GROUP 10am-12pm CREATIVE WRITING 1:00pm-2:30pm 	2 BINGO 10am-12pm 	3 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	4 WATER ACTIVITIES @ THE POOL 10am-11am MUSIC 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm FRIDAY JAM SESSION 1:30pm-3pm Night Markets Between 5pm-8pm	5
Do the YES Survey - Your Experience of Service. Give MHACA your feedback!					
7  LIGHT EXERCISE 9:30am-10am DROP IN CLOSING AT 12PM	8 WOMEN'S RECOVERY GROUP 10am-12pm CREATIVE WRITING 1:00pm-2:30pm 	9 BINGO 10am-12pm 	10 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	11 WATER ACTIVITIES @ THE POOL 10am-11am MUSIC 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm FRIDAY JAM SESSION 1:30pm-3pm	12 Araluen & Lunch @ Yaye's Between 10am-2pm  Araluen Arts Centre: Galleries and Theatre
Do the YES Survey - Your Experience of Service. Give MHACA your feedback!					
14 DROP IN: 8:30am - 1:30pm  LIGHT EXERCISE 9:30am-10am	15 WOMEN'S RECOVERY GROUP 10am-12pm CREATIVE WRITING 1:00pm-2:30pm 	16 BINGO 10am-12pm  CENTRELINK by phone only 1pm-2pm	17 MHACA Christmas Lunch 11am-2pm 	18 POOL FUN WITH LUCINDA 10am to 12pm with lunch MUSIC 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm FRIDAY JAM SESSION 1:30pm-3pm	19 Cinema Between 10am-2pm 
21 DROP IN: 8:30am - 1:30pm  LIGHT EXERCISE 9:30am-10am	22 WOMEN'S RECOVERY GROUP 10am-12pm CREATIVE WRITING 1:00pm-2:30pm 	23 BINGO 10am-12pm 	24 HEARING VOICES 10am-12pm DROP IN CLOSING AT 2:30PM	25 CLOSED  Merry Christmas from MHACA	26
28 CLOSED Public Holiday	29 WOMEN'S RECOVERY GROUP 10am-12pm CREATIVE WRITING 1:00pm-2:30pm 	30 BINGO 10am-12pm 	31 NYE HAWAIIAN PARTY 11am-1pm  DROP IN CLOSING AT 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

Healthy Cooking: Come and join Ella and learn how to cook healthy and tasty meals! Learn a new recipe every week that you can take home with you and join in sharing the lunch you've prepared with participants and staff afterwards.

Bingo and Board Games: Have fun with other participants, socialise and enjoy the fun of Bingo and other board or card games of your choice (Uno, Chess/Checkers, Scrabble, Puzzles etc).

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 Amy B 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.

Music Program: Come and join Lucia and get involved in the weekly collaborative music jam session! Any musical ability welcome and Instruments are provided, though you can also bring your own. Make friends and make music.

Creative Writing: Come and join Amy D and have fun expressing yourself through writing! Short stories, prose, poetry, all is welcomed and willing to be explored in this writing group. Learn more about yourself and your imagination through the act of writing.

Women's Group: Join Sarah and Ella 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.

Light Exercise: Join Marilyn for 30 minutes of light exercise to get your body moving and build up core strength! Perfect for those who suffer from lower back, hip and knee problems.

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

YES Survey: The YES Survey - Your Experience of Service: is used Australia-wide by organisations like MHACA to improve services. Please give MHACA your honest feedback, it is really valuable! The survey is anonymous. It can be done on your phone or on paper at MHACA. We can text or post it to you. Ring Ruth at MHACA, 8950 4600.

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 Craft Group Creative Writing Healthy Cooking Jam Sessions 	\$33.31 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> Drop In Light Exercise Music Program Hearing Voices Bingo & Board Games 	\$36.32 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	\$46.73 per hour
Transport	Will be charged at 10 minutes per trip at the rate of the activity in which you are involved.	