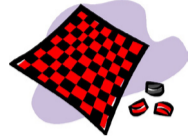







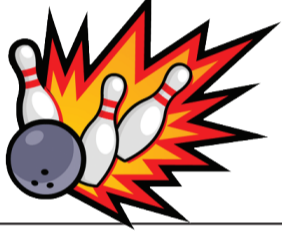







# GROUP ACTIVITIES

## June calendar

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|--|---|--|---|
|  | <b>1</b><br>WOMEN'S RECOVERY GROUP<br>10am-12pm  | <b>2</b><br>MUSIC with Lucia<br>11am-1pm<br>    | <b>3</b><br>HEARING VOICES<br>10am-12pm<br>CRAFT 1pm-3pm<br>   | <b>4</b><br>FRIDAY JAM SESSION<br>11am-1pm<br>MEN'S YARNING CIRCLE<br>1pm-2:30pm   | <b>5</b> Art gallery & picnic by the river<br>Between 10am-2pm<br> |
| <b>7</b><br>DROP IN: 8:30am - 1:30pm<br>   | <b>8</b><br>WOMEN'S RECOVERY GROUP<br>10am-12pm  | <b>9</b><br>MUSIC with Lucia<br>11am-1pm<br><b>SPECIAL PARTICIPANT MEETING</b><br>12pm-1pm                                       | <b>10</b><br>HEARING VOICES<br>10am-12pm<br>CRAFT 1pm-3pm<br>  | <b>11</b><br>FRIDAY JAM SESSION<br>11am-1pm<br><b>HEALTHY BODIES PICNIC</b><br>AT TELEGRAPH STATION<br>12pm-2pm - All Welcome  | <b>12</b><br>Cinema<br>Between 10am-2pm<br>                       |
| <b>14</b><br>DROP IN: 8:30am - 1:30pm<br> | <b>15</b><br>WOMEN'S RECOVERY GROUP<br>10am-12pm | <b>16</b><br>MUSIC with Lucia<br>11am-1pm<br>COMMUNITY NURSES<br>11am-12pm   | <b>17</b><br>HEARING VOICES<br>10am-12pm<br>CRAFT 1pm-3pm<br><br>MEN'S YARNING BBQ<br>12pm-1pm<br>MEN'S YARNING ACTIVITY<br>1pm-2:30pm | <b>18</b><br>FRIDAY JAM SESSION<br>11am-1pm  | <b>19</b><br>Bowling<br>Between 10am-2pm<br>                     |
| <b>21</b><br>DROP IN: 8:30am - 1:30pm<br> | <b>22</b><br>WOMEN'S RECOVERY GROUP<br>10am-12pm | <b>23</b><br>MUSIC with Lucia<br>11am-1pm<br>STAFF/PARTICIPANT MEETING 12pm-1pm<br>CENTRELINK VIRTUAL MEETING<br>1pm-2:30pm      | <b>24</b><br>HEARING VOICES<br>10am-12pm<br>CRAFT 1pm-3pm<br>  | <b>25</b> FRIDAY JAM SESSION<br>11am-1pm<br>MEN'S YARNING CIRCLE<br>1pm-2:30pm<br><b>Beanie Festival</b><br>Between 5pm-9pm<br> | <b>26</b>   |
| <b>28</b><br>DROP IN: 8:30am - 1:30pm<br> | <b>29</b><br>WOMEN'S RECOVERY GROUP<br>10am-12pm | <b>30</b><br>MUSIC with Lucia<br>11am-1pm<br> |   |  |   |

**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 Josefina 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.***

## 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!***

## MUSIC WITH LUCIA

***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.***

## CENTRELINK VIRTUAL MEETINGS

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

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## 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<br>04_120_0136_6_1_T            | <ul style="list-style-type: none"><li>Men's Yarning Circle</li><li>Women's Recovery Group</li></ul>   | \$34.02 per hour |
| Weekday - Group activities in the Centre<br>04_170_0136_6_1_T               | <ul style="list-style-type: none"><li>Drop In</li><li>Music Program</li><li>Hearing Voices</li><li>Craft Group</li><li>Jam Sessions</li></ul> | \$37.03 per hour |
| Weekday Evening - Group Activities in the Community<br>04_123_0136_6_1_T    | Any special weekday evening activities (movie nights etc)   | \$36.67 per hour |
| Weekend Activities - Group Activities in the Community<br>04_143_0136_6_1_T | Weekly weekend activities range from cinema, tenpin bowling, Simpson's Gap, camping etc   | \$34.17 per hour |
| Transport   | Will be charged at \$0.85 per km  |                  |