

GROUP ACTIVITIES

March calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 DROP IN: 8:30am - 1:30pm	2 WOMEN'S RECOVERY GROUP 10am-12pm	3	4 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	5 WATER ACTIVITIES @ THE POOL 10am-11am FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	6  International Women's Day Event Between 5pm - 8pm
8 MHACA CLOSED FOR <i>Staff Training</i>	9 WOMEN'S RECOVERY GROUP 10am-12pm	10 COMMUNITY NURSES 11am-12pm	11 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	12 WATER ACTIVITIES @ THE POOL 10am-11am FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	13 Town Pool Swim & Picnic Between 10am-2pm 
15 DROP IN: 8:30am - 1:30pm	16 WOMEN'S RECOVERY GROUP 10am-12pm	17 STAFF/PARTICIPANT MEETING 12pm-1pm CENTRELINK VIRTUAL MEETING 1pm-2:30pm	18 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	19 WATER ACTIVITIES @ THE POOL 10am-11am FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	20 Reptile Centre & Lunch Between 10am-2pm 
22 DROP IN: 8:30am - 1:30pm	23 WOMEN'S RECOVERY GROUP 10am-12pm	24	25 HEARING VOICES 10am-12pm CRAFT 1pm-3pm 	26 WATER ACTIVITIES @ THE POOL 10am-11am FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm	27 Ten Pin Bowling Between 10am-2pm 
29 DROP IN: 8:30am - 1:30pm	30 WOMEN'S RECOVERY GROUP 10am-12pm	31	<p>If you would like to participate in any of the activities, please RSVP to 8950 4600 or 0439 844 146 ONE WEEK BEFOREHAND</p> <p>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.</p>		



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 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.

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.

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

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	