




















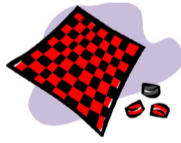


# GROUP ACTIVITIES

## November calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> DROP IN: 8:30am - 1:30pm <b>BOARD GAMES @ MHACA</b> 	<b>2</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm	<b>3</b>  <b>MUSIC with Lucia</b> 11am-1pm	<b>4</b> <b>HEARING VOICES</b> 10am-12pm <b>CRAFT</b> 1pm-3pm Gold coin donation 	<b>5</b> <b>WATER ACTIVITIES @ THE POOL</b> 10am-11am  <b>FRIDAY JAM SESSION</b> 11am-1pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>6 Golf &amp; Picnic</b> Between 10am-2pm \$10 contribution 
<b>8</b> DROP IN: 8:30am - 1:30pm <b>HEALTHY LUNCH @ MHACA</b> 12pm-1pm	<b>9</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm	<b>10</b>  <b>MUSIC with Lucia</b> 11am-1pm <b>COMMUNITY NURSES</b> 11am-12pm	<b>11</b> <b>HEARING VOICES</b> 10am-12pm <b>CRAFT</b> 1pm-3pm Gold coin donation 	<b>12</b> <b>WATER ACTIVITIES @ THE POOL</b> 10am-11am  <b>FRIDAY JAM SESSION</b> 11am-1pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>13 Cinema</b> Between 10am-2pm \$10 contribution 
 <b>RECYCLING WEEK</b> 					
<b>15</b> DROP IN: 8:30am - 1:30pm <b>BOARD GAMES @ MHACA</b> 	<b>16</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm	<b>17</b>  <b>MUSIC with Lucia</b> 11am-1pm <b>STAFF/PARTICIPANT MEETING</b> 12pm-1pm	<b>18</b> <b>HEARING VOICES</b> 10am-12pm <b>CRAFT</b> 1pm-3pm Gold coin donation 	<b>19</b> <b>FUN AT THE POOL WITH LUCINDA</b> 10am-12pm  <b>FRIDAY JAM SESSION</b> 11am-1pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>20 Bowling</b> Between 10am-2pm \$10 contribution 
<b>22</b> DROP IN: 8:30am - 1:30pm <b>TABLE TENNIS @ MHACA</b> 	<b>23</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm	<b>24</b>  <b>MUSIC with Lucia</b> 11am-1pm	<b>25</b> <b>HEARING VOICES</b> 10am-12pm <b>CRAFT</b> 1pm-3pm Gold coin donation 	<b>26</b> <b>WATER ACTIVITIES @ THE POOL</b> 10am-11am  <b>FRIDAY JAM SESSION</b> 11am-1pm <b>MEN'S YARNING CIRCLE</b> 1pm-2:30pm	<b>27 Town Pool Swim &amp; Picnic</b> Between 10am-2pm \$10 contribution 
<b>29</b> DROP IN: 8:30am - 1:30pm <b>BOARD GAMES @ MHACA</b> 	<b>30</b> <b>WOMEN'S RECOVERY GROUP</b> 10am-12pm				

**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 physical 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

## GAMES ON MONDAY

Let's start the week having some fun.

## WOMEN'S GROUP

Join Sarah and Zehra 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.

## 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.

## 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.

## WATER ACTIVITIES AT THE POOL

Join Josefina and get some gentle exercise at the Alice Springs Town Pool. A perfect way to cool off at the end of the week. Bring your swimmers and jump in!

## FRIDAY JAM SESSION

Start the weekend right and come jam at MHACA on a Friday afternoon!

## 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.

## RECYCLING WEEK

From Monday 8th till Friday 12th.

## HEALTHY LUNCH @ MHACA

Grab a healthy bite and learn different ways to reduce our wastage and take care of our planet.

## FUN AT THE POOL WITH LUCINDA

Lucinda will provide a gentle exercise class at the pool as part of MHACA's Healthy Bodies, Healthy Minds program. Healthy lunch provided.

## 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"> <li>Men's Yarning Circle</li> <li>Women's Recovery Group</li> <li>Craft Group</li> <li>Jam Sessions</li> </ul>	\$34.52 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> <li>Drop In</li> <li>Music Program</li> <li>Hearing Voices</li> </ul>	\$37.56 per hour
Weekday Evening - Group Activities in the Community 04_123_0136_6_1_T	Any special weekday evening activities (movie nights etc)	\$38.01 per hour
Weekend Activities - Group Activities in the Community 04_143_0136_6_1_T	Weekly weekend activities range from cinema, tenpin bowling, Simpson's Gap, camping etc	\$34.69 per hour
Transport	Will be charged at \$0.85 per km	