

# PATHWAYS TO RECOVERY

*Individual Support | Group Activities | Drop-In Centre*

Pathways To Recovery is a program of the Mental Health Association of Central Australia (MHACA), a community managed mental health service providing specialist psychosocial support to people with diagnosed mental health difficulties.

Pathways To Recovery can provide one on one support to individuals to develop a recovery plan and to achieve goals through supported skills development.

A range of therapeutic group activities are available which are focused on educational pursuits, personal development, living skills and include recreational outings.

The Drop-in Centre at MHACA is a welcoming space with comfy lounges, internet access, laundry and bathroom facilities and provides opportunities to socialise with others.

Pathways To Recovery provides services to community members with and without a NDIS Plan.



Mental Health Association of Central Australia

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**MHACA**

Mental Health  
Association of  
Central Australia

# GROUP ACTIVITIES AT MHACA

MHACA provides a range of group activities that support participants to build skills, gain confidence and spend time with others including:

*Healthy Cooking* - participants learn a new recipe every week and can join in a shared lunch.

*Hearing Voices* - a safe and understanding group for voice hearers or people who experience intrusive thoughts.

*Men's Yarning Circle* - meet other men who also experience mental health issues and enjoy outings.

*Music Jam* - a fun, weekly collaborative music jam session.

*Craft* - painting, drawing, sculpting, printing and many other crafts are experimented with weekly.

*Keeping Active* - get your body moving in a supportive environment. Activities include dance, stretching and water activities in summer.

The Pathways To Recovery Program also provides regular opportunities to access Community Health Checks and Centrelink Information Sessions.



Participants must book activities in advance. For more information or to book an activity call **8950 4600**.

Participants with NDIS plans are welcome.

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