



GROUP ACTIVITIES

September calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|
| | | 1  MUSIC with Lucia 11am-1pm WOMEN'S RECOVERY GROUP 11am-1pm  MHACA CHEFS 10am-1:30pm \$5 contribution Max 4 participants | 2 HEARING VOICES 10am-12pm CRAFT 1pm-3pm Gold coin donation | 3 FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm | 4 Stanley Chasm Between 10am-2pm \$10 contribution  ANCKERLE ATWATYE CENTRAL AUSTRALIA |
| 6 DROP IN: 8:30am - 1:30pm  MHACA CHEFS 10am-1:30pm \$5 contribution Max 4 participants | 7 WOMEN'S RECOVERY GROUP 10am-12pm | 8 OUTDOOR ACTIVITIES 9am-10am  MUSIC with Lucia 11am-1pm COMMUNITY NURSES 11am-12pm | 9 HEARING VOICES 10am-12pm CRAFT 1pm-3pm Gold coin donation | 10 World suicide prevention day @ Town Council lawns 11am-1pm FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm | 11 Desert Mob Exhibition & Lunch Between 10am-2pm \$10 contribution  |
| 13 DROP IN: 8:30am - 1:30pm  MHACA CHEFS 10am-1:30pm \$5 contribution Max 4 participants | 14 WOMEN'S RECOVERY GROUP 10am-12pm | 15 OUTDOOR ACTIVITIES 9am-10am  MUSIC with Lucia 11am-1pm PLANNING DAY 10AM-12PM STAFF/PARTICIPANT MEETING 12pm-1pm | 16 HEARING VOICES 10am-12pm CRAFT 1pm-3pm Gold coin donation | 17 WATER ACTIVITIES @ THE POOL 10am-11am  FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm | 18 Cinema Between 10am-2pm \$10 contribution  |
| 20 DROP IN: 8:30am - 1:30pm  MHACA CHEFS 10am-1:30pm \$5 contribution Max 4 participants | 21 WOMEN'S RECOVERY GROUP 10am-12pm | 22 OUTDOOR ACTIVITIES 9am-10am  MUSIC with Lucia 11am-1pm | 23 HEARING VOICES 10am-12pm CRAFT 1pm-3pm Gold coin donation | 24 WATER ACTIVITIES @ THE POOL 10am-11am  FRIDAY JAM SESSION 11am-1pm MEN'S YARNING CIRCLE 1pm-2:30pm | 25 Bowling Between 10am-2pm \$10 contribution  |
| 27 DROP IN: 8:30am - 1:30pm  MHACA CHEFS 10am-1:30pm \$5 contribution Max 4 participants | 28 WOMEN'S RECOVERY GROUP 10am-12pm | 29 OUTDOOR ACTIVITIES 9am-10am  MUSIC with Lucia 11am-1pm | 30 | | |

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

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.

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!

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 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.

FRIDAY JAM SESSION

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

MHACA CHEFS

Join Tom and cook healthy and tasty meals! Learn a new recipe every week and share the lunch you've prepared with participants and staff afterwards.

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.

OUTDOOR ACTIVITIES

Lets get outdoors and enjoy some fresh air. Chat, socialise and get that body moving in a supportive and fun environment.

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"> • Men's Yarning Circle • Women's Recovery Group • Craft Group • Jam Sessions | \$34.52 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 | \$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 | |