


Healthy Mind Hub

NDIS activity group calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10am - 4.30pm [start times may vary] YAG: Young Adult Group (16 – 35 years)</p> <p>Where: The Exchange House</p>	<p>10am - 1pm Mind to Make</p> <p>Where: Exchange House</p>	<p>11am - 1pm Men to make</p> <p>Where: Exchange Art Studio</p>	<p>9am - 10am Mindfulness practice group</p> <p>Where: Group Room, Bell Street site - 92 Bell St, Coburg</p>	<p>10am - 12pm Open art</p> <p>Where: Exchange Art Studio</p>
<p>10am - 1pm Open art</p> <p>Where: Exchange Art Studio</p>	<p>10am - 1pm Open art</p> <p>Where: Exchange Art Studio</p>	<p>11am - 2pm Healthy Steps</p> <p>Where: Exchange House</p>	<p>10.30am - 1.30pm The Good Food group</p> <p>Where: The Exchange House</p>	<p>12pm - 2pm Community lunch</p> <p>Clients will need to contribute \$3 to each lunch. Where: The Exchange House</p>
<p>11am - 2pm The Good Food group</p> <p>Where: The Exchange House</p>	<p>1pm - 4pm Mind to Make</p> <p>Where: The Exchange House</p>	<p>11am - 3pm Social outing</p> <p>When: Wednesday (fortnightly) Where: The Exchange House</p>	<p>11am - 3pm Social wellbeing</p> <p>Where: Activities will alternate between:</p> <ul style="list-style-type: none"> > Movie Club > Pamper Group > St Kilda Sea Baths > Massage <p>Meet at The Exchange House. (Clients will need to contribute funds to participate)</p>	<p>12.30pm - 2.30pm GEL</p> <p>When: Friday (fortnightly) Where: Sussex Street Neighbourhood House, Pascoe Vale</p>
<p>12pm - 2pm Northern Pride</p> <p>When: Last Monday of the month Where: The Exchange House</p>	<p>1pm - 4pm Structured art</p> <p>Where: Exchange Art Studio</p>	<p>1.30pm - 3pm Hearing Voices</p> <p>Where: CoCare building, Vic Place</p>	<p>1pm - 4pm Art workshops</p> <p>Where: Exchange Art Studio</p>	<p>1.30pm - 3pm Mindful restorative yoga</p> <p>Where: Group Room, Bell Street site - 92 Bell St, Coburg</p>
<p>1pm - 4pm Structured art</p> <p>Where: Exchange Art Studio</p>	<p>3pm - 4pm Walking group</p> <p>Where: The Exchange House</p>		<p>2pm - 3pm Walking group</p> <p>Where: The Exchange House</p>	<p>2pm - 3.30pm Coffee & chat</p> <p>Where: The Exchange House</p>
<p>2:30pm - 3:30pm Coffee & chat</p> <p>Where: The Exchange House</p>	<p>4.30pm - 7:30pm Social wellbeing Dining Out</p> <p>When: First Tuesday of the month Where: Various restaurants</p> <p>[Clients will need to contribute funds to participate]</p>		<p>3.30pm - 5pm Mindful restorative yoga</p> <p>Where: Group Room, Bell Street site - 92 Bell St, Coburg</p>	<p>2pm - 4pm Art workshops</p> <p>Where: Exchange Art Studio</p>

Call us

If you have any questions or want to know more about any groups, please contact us on 1300 637 744.

The Exchange House

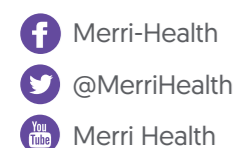
The Exchange House/Art Studio is located at 21 Victoria Street, Coburg.

It closes at 4pm on Friday.

This calendar will run from Monday, 7 January to Friday 29 March 2019.

If you would prefer to have this calendar sent to you electronically or in a bigger font size, email Healthymindhub.team@merrihealth.org.au

Connect with us



1300 637 744 (MERRI H)
21 Victoria Street, Coburg
www.merrihealth.org.au



About the activities

MONDAY

YAG: Young Adult Group (16 – 35 years)

YAG is a social support group for young people between the ages of 16-35. There is an art and recreational component to this group.

Open art

Opportunity for people to use the Art room to work on personal projects.

Northern Pride

Offering a social support group for participants who identify as LGBTIQ+. This group aims to build social and community connections, through shared meals and community activities.

The Good Food group

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

Structured art

Structured art is a theme based group, directed by the group and the facilitators.

Coffee & chat

An opportunity for participants to socialise and develop connections.

TUESDAY

Open art

Opportunity for people to use the Art room to work on personal projects.

Mind to Make

This group offers creative opportunities to engage in a range of craft and sewing activities. Contact Eva for more information.

Structured art

Structured art is a theme based group, directed by the group and the facilitators.

Walking group

A light exercise group focusing on physical health and wellbeing.

Social wellbeing Dining out

Dining out provides a low-cost meal with a social atmosphere and a chance to explore some of Melbourne's wonderful restaurants. Bookings are essential.

WEDNESDAY

Men to Make

This group is designed for men or those who identify as male, to engage in hands-on craft activities that allow them to express their creativity.

Social outing

Providing a group social outing to various locations and a light lunch included.

Healthy Steps

Healthy Steps is a course designed to assist clients with a mental health illness to develop better health literacy and implement changes with their approach to food choices and physical activity. Each weekly session will consist of:

- > Education
- > Exercise
- > Food preparation and meal share

Hearing Voices

Hearing Voices Support Group is an ongoing group that helps voice hearers to understand their experiences and to explore new ways of managing and living.



THURSDAY

Mindful practice group

The mindfulness practice group is suitable for Merri Mindfulness course graduates and Mindful Restorative yoga participants, or participants with some Mindfulness Meditation experience.

Social wellbeing

This group offers you a range of activities to support your wellbeing. Activities will alternate between:

- > Movie Club
- > Pamper Group
- > St Kilda Sea Baths
- > Massage

The Good Food group

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

Art workshops

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

Walking group

A light exercise group focusing on physical health and wellbeing.

Mindful restorative yoga

Classes are designed to support and balance the nervous system and strengthen resilience through mindfulness practices and gentle yoga poses. Mindfulness practices have been found to be beneficial for physical and mental health, in particular for anxiety, stress and depression.

FRIDAY

Open art

Opportunity for people to use the Art room to work on personal projects.

Community lunch

Community lunch is about meeting to share a nutritious and healthy meal for \$3. Participants decide what's on the menu each week.

GEL

GEL (Girls Experience Life) is a support group for mums experiencing mental health issues.

Mindful restorative yoga

Classes are designed to support and balance the nervous system and strengthen resilience through mindfulness practices and gentle yoga poses. Mindfulness practices have been found to be beneficial for physical and mental health, in particular for anxiety, stress and depression.

Coffee & chat

An opportunity for participants to socialise and develop connections.

Art workshops

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

What is the NDIS activity group program?

This group program is for people who have an NDIS package with mental health issues, who are aged 16 and above.

The program provides a safe and supportive environment for people experiencing mental health issues to come together, learn new skills and support each other by taking part in activities.

For information and referral, call 1300 637 744.

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