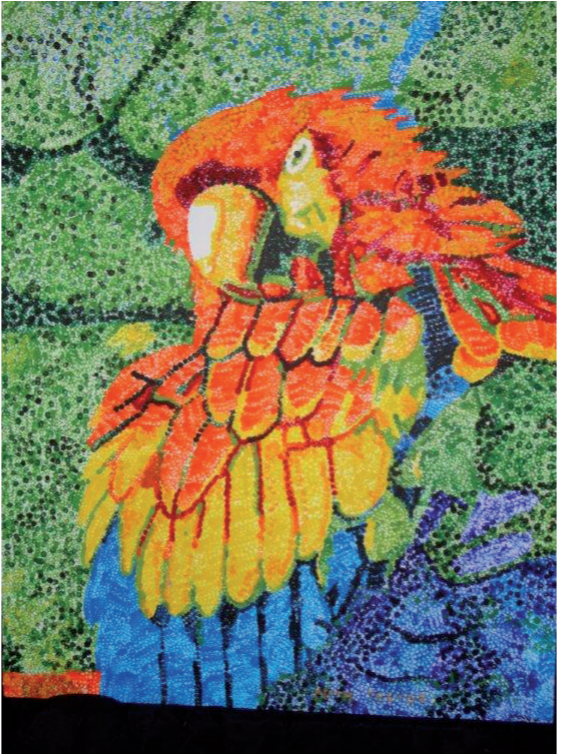


# Healthy Mind Hub

## NDIS activity group calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>10am - 4.30pm [start times may vary]</b> <b>YAG: Young Adult Group (16 – 35 years)</b></p> <p>Where: The Exchange House</p>	<p><b>10am - 1pm</b> <b>Structured art</b></p> <p>Where: Exchange Art Studio</p>	<p><b>10am - 2pm</b> <b>Outing</b></p> <p>When: Wednesday (fortnightly) Where: The Exchange House</p>	<p><b>10.30am - 1.30pm</b> <b>The Good Food group</b></p> <p>Where: The Exchange House</p>	<p><b>10am - 12pm</b> <b>Art workshops</b></p> <p>Where: Exchange Art Studio</p>
<p><b>10am - 1pm</b> <b>Open art</b></p> <p>Where: Exchange Art Studio</p>	<p><b>10am - 1pm</b> <b>Mind to Make</b></p> <p>Where: The Exchange House</p>	<p><b>11am - 2pm</b> <b>Healthy Steps</b></p> <p>Where: Exchange House</p>	<p><b>11am - 3pm</b> <b>Social wellbeing</b></p> <p>Where: Activities will alternate between:  <ul style="list-style-type: none"> <li>&gt; Movie Club</li> <li>&gt; Pamper Group</li> <li>&gt; St Kilda Sea Baths</li> <li>&gt; Massage</li> </ul> </p> <p>Meet at The Exchange House. (Clients will need to contribute funds to participate)</p>	<p><b>12pm - 2pm</b> <b>Community lunch</b></p> <p>Clients will need to contribute \$3 to each lunch. Where: The Exchange House</p>
<p><b>11am - 2pm</b> <b>The Good Food group</b></p> <p>Where: The Exchange House</p>	<p><b>1pm - 4pm</b> <b>Mind to Make</b></p> <p>Where: The Exchange House</p>	<p><b>1pm - 3pm</b> <b>Hearing Voices</b></p> <p>Where: CoCare building, Vic Place</p>	<p><b>1pm - 4pm</b> <b>Art workshops</b></p> <p>Where: Exchange Art Studio</p>	<p><b>12.30pm - 2.30pm</b> <b>GEL</b></p> <p>When: Friday (fortnightly) Where: Sussex Street Neighbourhood House, Pascoe Vale</p>
<p><b>12pm - 2pm</b> <b>Northern Pride</b></p> <p>When: Last Monday of the month Where: The Exchange House</p>	<p><b>1pm - 4pm</b> <b>Structured art</b></p> <p>Where: Exchange Art Studio</p>		<p><b>1.30pm - 3pm</b> <b>Mindful restorative yoga</b></p> <p>Where: Group Room, Bell Street site - 92 Bell St, Coburg</p>	<p><b>1.30pm - 3pm</b> <b>Mindful restorative yoga</b></p> <p>Where: Group Room, Bell Street site - 92 Bell St, Coburg</p>
<p><b>1pm - 4pm</b> <b>Open art</b></p> <p>Where: Exchange Art Studio</p>	<p><b>3pm - 4pm</b> <b>Walking group</b></p> <p>Where: The Exchange House</p>		<p><b>2pm - 3pm</b> <b>Walking group</b></p> <p>Where: The Exchange House</p>	<p><b>2pm - 3.30pm</b> <b>Coffee &amp; chat</b></p> <p>Where: The Exchange House</p>
<p><b>2.30pm - 3.30pm</b> <b>Coffee &amp; chat</b></p> <p>Where: The Exchange House</p>	<p><b>4.30pm - 7.30pm</b> <b>Dining Out</b></p> <p>When: First Tuesday of the month Where: Various restaurants</p> <p>(Clients will need to contribute funds to participate)</p>		<p><b>3.20pm - 4.50pm</b> <b>Mindful restorative yoga</b></p> <p>Where: Group Room, Bell Street site - 92 Bell St, Coburg</p>	<p><b>2pm - 4pm</b> <b>Art workshops</b></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.

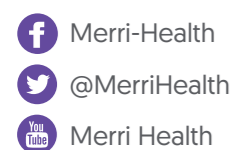
### The Exchange House

The Exchange House/Art Studio is located at 21 Victoria Street, Coburg. It closes at 4pm on Friday.

This calendar will run from Monday, 8 July to Friday 27 September 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](mailto:Healthymindhub.team@merrihealth.org.au)

### Connect with us



1300 637 744 (MERRI H)  
21 Victoria Street, Coburg  
[www.merrihealth.org.au](http://www.merrihealth.org.au)



# About the activities



**Merri Health**  
Healthcare that moves with you

## 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.

### **The Good Food group**

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

### **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.

### **Coffee & chat**

An opportunity for participants to socialise and develop connections.

## TUESDAY

### **Structured art**

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

### **Mind to Make**

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

### **Walking group**

A light exercise group focusing on physical health and 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

### **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

### **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

### **Art workshops**

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

### **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.

## 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.

This calendar will run from Monday, 8 July to Friday 27 September 2019.

1300 637 744 (MERRI H)  
21 Victoria Street, Coburg  
[www.merrihealth.org.au](http://www.merrihealth.org.au)



**HealthyMINDHUB**  
Building connections, boosting mental health