

# M. A. S. H.

## Meningie Aboriginal Self Help

**M.A.S.H. is a support group combining Elders, young men and women.**

**A group of Elders is involved in providing a supportive role for the younger people through therapeutic activities and wellbeing information. This is also beneficial for the wellbeing of the Elders involved in the group.**

**M.A.S.H has an Open Door Policy with everyone within the wider community welcome to attend and build on connections/relationships within the Community.**

**M.A.S.H is supported by the partnership between Meningie Community Health Service, Centacare Family Well Being Support Service and other relevant service providers who provide information of their service to the M.A.S.H participants.**

**The program involves weekly sessions on topics of interest related to wellbeing...**

Taking care of yourself, what is mental health, the stigma around mental health, dementia with an Aboriginal focus, alcohol and other drugs, budgeting and everyday living, Hearing SA, HACC Tumake Yande Aboriginal Aged Care, outings, community events

**The afternoons are spent doing arts and crafts like...**

Paintings on canvas, figures to paint—birds, boomerangs etc., reed weaving, wood carving, jewellery making, mask making, scrapbooking, any other arts/crafts of interest.



**M.A.S.H. runs weekly on Mondays from 11am until 2pm at the Meningie Day Centre**

**Transport can be provided if required**

For more information contact the Aboriginal Health Workers at Meningie Community Health

08 8575 2777