

TEMHCO



Top End Mental Health
Consumers Organisation

What's on @ TEMHCO

c/- The Salvation Army Woodroffe
cnr Temple Tce & Woodroffe Ave












Web: <https://www.temhco.com.au>

Email: temhco.exec@temhco.com.au

Phone: 0429 082 781

9:00 am to 2:30 pm

OCTOBER 2019

M	T	W	T	F
 <p>Art Therapy with Claudia 9:30 am to 11:30 am</p>  <p>Massage with Betty 9:30 am to 11:30 am With Rose 6/10/19</p>  <p>Meditation Classes with Tammy 1:00 pm to 2:00 pm</p>	 <p>BBQ lunch 12:00 pm</p> <p>INFORMATION SESSION</p> <p><i>This space free for service providers to come in to share what they do with our consumers</i></p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am 8th October 2019</p>	 <p>Sewing & Craft Classes 9:30 am to 11:30 am</p> <p>Or</p>  <p>Go fishing!</p>  <p>9:30 am to 11:30 am 2nd & 16th October 2019 Ladies Pamper Session</p> <p>Wednesday 9th Oct</p> <p>Outdoor Activity Visit MiPlace</p>	<p>Outdoor Activities Except 10 Oct MHW</p>  <p>Grow</p> <p>Somerville Centre, Gray 10:00 am to 12:00 pm Lunch and Shopping Venue TBA each week</p> <p>Or</p> <p>Visit other Drop-in Centres, Shopping, etc. - can vary each week</p> <p>09:00 am to 3:00 pm</p> <p>Movies 17th & 31st Oct 2019 (please call day before book in)</p> <p>MENTAL HEALTH WEEK ACTIVITIES 10/10/19</p> <p>SEE FLYER FOR DETAILS</p> <p>Centre closed except 10/10/19</p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am Except 4th & 11th Oct</p>  <p>Reflexology</p> <p>25th October 2019</p> <p>All afternoons Computer Sessions or Board Game Activities (12:30pm to 2:30pm excluding Mondays and Thursdays)</p> <p>Join in any day! Community Gardening (except Thursdays)</p>