

TEMHCO



Top End Mental Health
Consumers Organisation

What's on @ TEMHCO

c/- The Salvation Army Woodroffe
86 Woodroffe Ave Woodroffe

Web: <https://www.temhco.com.au>
Email: temhco.exec@temhco.com.au
Phone: 0429 082 781
9:00 am to 2:30 pm

DECEMBER 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</p> <p>All afternoons Computer Sessions or Board Game Activities (12:30pm to 2:30pm excluding Tuesdays)</p> <p>Join in any day! Community Gardening (except Tuesdays)</p> | <p>Outdoor Activities</p>  <p>Movie Time!</p> <p>(please book by Monday 2:30pm and contact the centre for movie information and viewing times)</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>Grow</p> <p>Returning in January 2020!</p> |  <p>Sewing & Craft Classes or Go fishing 9:30am to 11:30am</p>  <p>Ladies Pamper Session with Rose 4th & 18th Dec</p>  <p>TEMHCO Christmas Party 11th December 2019</p> |  <p>Two New Exciting Programs every Thursday commencing 5th December 2019</p> <p>TBA on our webpage and social media pages</p> <p>09:30 am to 11:30 am</p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am 12th December 2019</p> |  <p>Music Therapy Classes with Crystal Robins 10:00 am to 12:00 pm</p>  <p>Reflexology 20th December 2019</p> <p>TEMHCO will be closed over Christmas/New Year from Monday, 23rd December and reopen on Monday, 6th January.</p> <p>TEMHCO would like to wish our consumers a Merry Christmas and safe and Happy New Year!</p> |