

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



FEBRUARY 2020

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 (Centre is closed)</p>  <p>Visit other Drop-in Centres, Shopping, etc. - can vary each week</p> <p>09:00 am to 3:00 pm</p> <p>OR</p>  <p>Grow</p> <p>Sommerville Centre, Gray</p> <p>10:00 am to 12:00 pm</p> <p>Followed by lunch & shopping - Venue TBA</p>	 <p>Sewing & Craft Classes or Go fishing</p>  <p>9:30am to 11:30am</p>  <p>Ladies Pamper Session with Rose 5th & 19th Feb</p>	 <p>Sensory (Fidget) Blanket Workshop</p> <p>09:30 am to 12:00 pm</p>  <p>Men's Boab Carving Workshops Commencing Soon!</p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am</p> <p>13th February 2020</p>	 <p>Music Therapy Classes with Crystal Robins</p> <p>10:00 am to 12:00 pm</p>  <p>Reflexology</p> <p>28th February 2020</p>