

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](mailto:temhco.exec@temhco.com.au)  
Phone: 0429 082 781  
9:00 am to 2:30 pm



March 2020

M	T	W	T	F
 <p>Art Therapy with Claudia 9:30 am to 11:30 am</p> <p><b>Women's Art Exhibition</b> <b>2<sup>nd</sup> Mar 10:00 - 11:30 am</b> City of Palmerston, 1 Chung Wah Terrace, Palmerston</p>  <p>Massage with Betty 9:30 am to 11:30 am</p>	<p><b>Outdoor Activities</b> Visit other Drop-in</p>  <p>Centres, Shopping, etc. - can vary each week</p> <p>09:00 am to 3:00 pm</p> <p>OR</p>  <p><b>Grow</b></p> <p>Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch &amp; shopping - Venue TBA</p>	 <p>Sewing &amp; Craft Classes or Go fishing</p>  <p>9:30am to 11:30am</p>  <p>Ladies Pamper Session with Rose <b>4th &amp; 18th Mar</b></p>	 <p>Sensory (Fidget) Blanket Workshop</p> <p>09:30 am to 12:00 pm</p>  <p>Men's Boab Carving Workshops</p> <p>09:30 am to 12:00 pm</p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am</p> <p><b>12th &amp; 26<sup>th</sup> Mar 2020</b></p>	 <p>Music Therapy Classes with Crystal Robins</p> <p>10:00 am to 12:00 pm</p>  <p>Reflexology</p> <p><b>27th March 2020</b></p> <p><b>All afternoons</b> Computer Sessions or Board Game Activities <i>(12:30pm to 2:30pm excluding Tuesdays)</i></p> <p><b>Join in any day!</b> Community Gardening <i>(except Tuesdays)</i></p>
<p><b>NDIS Information Session</b> <b>Monday, 16<sup>th</sup> March 2020</b> <b>10:00 am - 11:30 am</b></p>	<p>OR</p> <p>Stay and watch movies at <b>The Salvation Army</b> main hall</p>			