

Changes have been made to the TEMHCO Art Therapy Program (Mondays), Women's Textile Program (Wednesday) and the Jacana Energy Sensory Blanket Project (Thursday). Please find the information below.

Please note that the Music Therapy Program, Men's and Women's Grooming Services, Massage Therapy, Reflexology and Computer sessions have been cancelled until further notice.

TEMHCO Art Therapy Program has materials available for participants including canvasses, paper stock and some other supplies available upon request. You will be able to continue making art for the upcoming shows (Mental Health Week and online competition see link below). For feedback and tutorials with Claude, you can use Skype during the normal program times or make an appointment with the office (0429 082 781) for a 1 on 1 meeting onsite. Keep an eye out for video tutorials which TEMHCO will be making and uploading in the near future.

TEMHCO Women's Textile Program has researched and developed a reusable face mask design which can be made at home for the ladies with a sewing machine. These masks are machine washable and can be sterilized in the microwave oven. The design uses materials and substrates rated by the Disaster Medicine and Public Health Preparation Centre to 97% efficiency – the same as the blue disposable surgical face masks. Templates, cut fabric and elastic are available in take-home to sew packs. Masks will soon be available with a donation.

Jacana Energy Sensory Blanket Project is already halfway along and if you are familiar with this project and have some time available, why not come in and collect a "take-home patch pack". This will include all you need to complete a set of 5 patches (same or similar). We have already finished 13 different themed patch sets but there are still 12 more to be done. These are suitable for people with sewing machines or hand sewers.

TEMHCO is able to provide a confidential one on one basic counselling service as well as the transport to appointments or other essential local travel. Please call first for all appointments.

Please visit our social media pages for further updates.

Please call us on 0429 082 781 to book an appointment first before coming to the centre as limitations on the number of people allowed onsite do apply.