

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



March 2020

M	T	W	T	F
 <p>Art Therapy with Claudia 9:30 am to 11:30 am</p> <p>Women's Art Exhibition 2nd Mar 10:00 - 11:30 am City of Palmerston, 1 Chung Wah Terrace, Palmerston</p>  <p>Massage with Betty 9:30 am to 11:30 am</p>	<p>Outdoor Activities 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>Grow</p> <p>Sommerville Centre, Gray 10:00 am to 12:00 pm 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 4th & 18th Mar</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>12th & 26th Mar 2020</p>	 <p>Music Therapy Classes with Crystal Robins</p> <p>10:00 am to 12:00 pm</p>  <p>Reflexology</p> <p>27th March 2020</p> <p>All afternoons Computer Sessions or Board Game Activities <i>(12:30pm to 2:30pm excluding Tuesdays)</i></p> <p>Join in any day! Community Gardening <i>(except Tuesdays)</i></p>
<p>NDIS Information Session Monday, 30th March 2020 10:00 am - 11:30 am</p>	<p>OR</p> <p>Stay and watch movies at The Salvation Army main hall</p>			