

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



August 2020

M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am</p> <p><i>and</i></p> <p>Massage with Betty 9:30 am to 11:30 am</p> 	<p>Centre Closed</p> <p>Outdoor Activities Visit other Drop-in</p>  <p>Centres, Shopping, etc. - can vary each week</p>	 <p>Sewing & Craft Classes 9:30 am to 11:30 am</p>  <p>Ladies Pamper Session with Rose 5th & 19th August</p>	 <p>Sensory (Fidget) Blanket Workshop 9:30 am to 12:00 pm</p>  <p>Men's Boab Carving Workshops 9:30 am to 12:00 pm</p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p>
<p><i>TEMHCO Open Day Exhibition</i> 10th August 2020 10:00 am to 12:00 pm</p>	<p>09:00 am to 3:00 pm</p> <p>OR</p>  <p>Grow</p>	 <p>Reflexology 26th August 9:30 am to 11:30 am</p>	<p>Men's Boab Carving Workshops 9:30 am to 12:00 pm</p>  <p>Men's Grooming Session with Rose 13th & 27th August</p>	<p>Community Gardening Board Games Computer Sessions <i>(Every weekday - except Tuesday)</i></p>
 <p><i>FREE Information Session - Know your Mental Health Rights</i> 24th August 2020 10:00 am to 11:00 am</p>	<p>Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch & shopping - Venue TBA</p>			<p><u><i>Mindfulness/Meditation plus Light Exercises</i></u> <i>on our Facebook Page</i> <i>Like "TEMHCO"</i> <i>Enjoy in your own time!</i></p>