

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



July 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>FREE Information Session 6th July 2020 10:00 am to 11:30 am</p> <p><u>Mindfulness/Meditation</u> <u>plus Light Exercises</u> on our Facebook Page Like "TEMHCO" <i>Enjoy in your own time!</i></p>	<p>Centre Closed Outdoor Activities Visit other Drop-in</p>  <p>Centres, Shopping, etc. - can vary each week 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 9:30 am to 11:30 am</p>  <p>Ladies Pamper Session with Rose 1st & 15th July</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>Men's Grooming Session with Rose 9th & 23rd July</p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p>  <p>Reflexology 31st July 9:30 am to 11:30 am</p> <p>Community Gardening Board Games Computer Sessions <i>(Every weekday - except Tuesday)</i></p>