

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



October 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 10:00 am to 12:00 pm</p> 	<p>Centre Closed 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>Textile Workshop 9:30 am to 11:30 am</p>  <p>Ladies Pamper Session with Rose 10:00 am to 12:00 pm Thur 8th & Wed 21st October</p>  <p>Reflexology 30th September 9:30 am to 11:30 am</p>	 <p>Tactile & Men's Wood Carving Workshop 9:30 am to 12:00 pm</p>  <p>Men's Grooming Session with Rose 1st & 15th October</p> <p>Mental Health Week "Togetherness" Workshop</p>  <p>09:00 am to 13:00 pm 8th October <i>See flyer for more details</i></p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p> <p>Community Gardening Board Games Computer Sessions <i>(Every weekday - except Tuesday)</i></p> <p><u>Mindfulness/Meditation plus Light Exercises</u> <i>on our Facebook Page</i> <i>Like "TEMHCO"</i> Enjoy in your own time!</p>
<p>TEMHCO Closed 6th & 7th October 2020 <i>Consumers attending activities for Mental Health Week</i></p>				