

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](mailto:temhco.exec@temhco.com.au)  
Phone: 0429 082 781  
9:00 am to 2:30 pm



November 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><i>and</i></p> <p>Free Counselling with Tammy (Holistic Health Services NT) <b>9<sup>th</sup> &amp; 23<sup>rd</sup> November</b> 10:00 am to 12:00 pm</p>	<p><b>Centre Closed</b> <b>Outdoor Activities</b> Visit other Drop-in</p>  <p>Centres, Shopping, etc. - can vary each week 09:00 am to 3:00 pm</p> <p><b>OR</b></p>  <p><b>Grow</b></p> <p>Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch &amp; 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 <b>4<sup>th</sup> &amp; 18<sup>th</sup> November</b></p>  <p>Reflexology <b>25<sup>th</sup> November</b> 9:30 am to 11:30 am</p>	 <p>Tactile Workshop <i>and</i> Men's Wood Carving Workshop 9:30 am to 11:30 am</p>  <p><i>and</i></p> <p>Men's Grooming Session with Rose <b>12<sup>th</sup> &amp; 26<sup>th</sup> November</b></p> 	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p> <p><b>Community Gardening</b> <b>Board Games</b> <b>Computer Sessions</b> (Every weekday - except Tuesday)</p> <p><u>Mindfulness/Meditation</u> <u>plus Light Exercises</u> on our Facebook Page Like "TEMHCO" Enjoy in your own time!</p>