

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



February 2021

M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am <i>and</i> Massage with Rose 1st & 15th February Reiki with Tammy 8th & 22nd February</p>  <p><i>and</i> Free Counselling with Tammy (Holistic Health Services NT) 15th February 10:00 am to 12:00 pm</p>  <p>Grow Grow Mental Wellbeing Learning Workshop Commencing 15th February 12:30 pm to 14:30 pm</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 Somerville 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 3rd & 17th February 10:00 am to 12:00 pm</p>  <p>Grow Grow Mental Wellbeing Activity Workshop Commencing 17th February 12:30 pm to 14:30 pm</p>	 <p>Freestyle Arts & Craft (Anything Goes!) 4th & 18th February</p>  <p>Leatherwork Classes with Marc 11th & 25th February 9:30 am to 11:30 am</p>  <p>Men's Grooming Session with Rose 11th & 17th February (Wednesday)</p>	 <p>Music Therapy Classes with Crystal Robins 5th & 19th February with Sean Kennedy 12th & 26th February 9:30 am to 11:30 am</p> <p><u>Mindfulness/Meditation plus Light Exercises</u> <i>on our Web Page</i> <i>Enjoy in your own time!</i></p> <p>Community Gardening Board Games Computer Sessions (Every weekday - except Tuesday)</p>  <p>Reflexology with Tammy 26th February 10:00 am to 12:00 pm</p>