

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



January 2021

M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am Commencing 11th January</p>  <p><i>And</i></p> <p>Massage with Rose 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 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 Commencing 11th January</p>  <p>Ladies Pamper Session with Rose 10:00 am to 12:00 pm 6th & 20th January</p>  <p>Reflexology 27th January (TBC) 10:00 am to 12:00 9m</p>	 <p>Freestyle Arts & Craft (Anything Goes!) 9:30 am to 11:30 am</p> <p>Men's Grooming Session with Rose 14th & 20th January (Wednesday)</p> 	 <p>Music Therapy Classes with Crystal Robins 8th & 22nd January With Sean Kennedy 15th & 29th January 9:30 am to 11:30 am</p> <hr/> <p><u>Mindfulness/Meditation plus Light Exercises</u> on our Web Page Enjoy in your own time!</p> <hr/> <p>Community Gardening Board Games Computer Sessions (Every weekday - except Tuesday)</p>