

TEMHCO



Top End Mental Health Consumers Organisation

What's on @ TEMHCO

C/- Salvation Army Palmerston
86 Woodroffe Ave Woodroffe
www.temhco.com.au
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Office: 0429 082 781 Bus: 0483 113 480

Open: 9:00am – 2:30pm - Monday, Wednesday, Thursday, Friday



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NORTHERN TERRITORY
GOVERNMENT

March

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 11:30	Office closed	9:30 – 11:30	9:30 – 11:30	9:30 – 11:30
 Art Therapy with Claudia		 Textiles with Claudia	 Freestyle Arts & Crafts 4 th 18 th	 Music 5 th Crystal 12 th Sean 19 th Crystal 26 th Sean
10:00 – 12:00	9:00 – 3:00	10:00 – 12:00	OR	10:00 – 12:00
 Massage - Rose Reiki - Tammy 1 st Massage 8 th Reiki 15 th Massage 22 nd Reiki 29 th Massage	TEMHCO Bus visits other drop in centres, shopping, events Book your seat  OR  26th Reflexology with Tammy	3 rd 17 th Ladies Pampering With Rose 	 11 th 25 th Leatherwork Classes with Marc	 Any time! Board games Computers Gardening Conversation
12:30 – 2:30	On our website to enjoy in your own time! Mindfulness - Meditation Light chair exercises	12:30 – 2:30	11 th 25 th Men's Grooming with Rose	 Excursion International Woman's Day Community Art Exhibition Monday 8th March *bookings essential*
 Grow Mental Wellbeing Learning Workshop	 Grow Mental Wellbeing Activity Workshop	