















What's on @ TEMHCO

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 11:30	Closed	9:30 - 11:30	9:30 - 11:30	9:30 - 11:30
Art Therapy with Claudia 	CLOSED TUESDAYS 	 Textiles with Claudia	 Freestyle Arts & Crafts with Claudia 	Music with  9th Crystal 16th Sean 23rd Crystal 30th Sean
10:00—12:00 12th Reiki with Tammy  19th Massage with Rose	No outings planned during April - bus having some much needed repairs	10:00—12:00 Ladies Pampering with Rose 14th 28th 	10:00—12:00 Leatherwork with Marc 1st Art 8th Leatherwork 15th Art 22nd Leatherwork 29th Art	10:00—12:00 30th - Reflexology with Tammy 
CLOSED Monday 5th - Easter Monday Friday 2nd - Good Friday Monday 26th - ANZAC Day	10:00—12:00 Meet at the Somerville Centre Gray for a Grow session	ANZAC Day outing TBC 	Make mum a Mother's Day gift from the heart with Mark 1st 15th 29th 	 Top End Mental Health Consumers Organisation Thursday April 1st @10am- Bring a small plate for the table, dress up, tell a fave joke & have a foolish fun time with us!
12:30—2:30 Grow  mental wellness programs www.grow.org.au	12:30—2:30 worth-giving Mental Wellbeing Activity Workshop	10:00—12:00 Men's Grooming with Rose 8th 22nd 	The Wellbeing sessions held in the Salvation Army Hall	

86 Woodroffe Ave, Woodroffe - C/- Salvation Army Palmerston
Open: 9:00 - 2:30 - Monday, Wednesday, Thursday, Friday
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