



# What's on @ TEMHCO

## July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
9:30—11:30	<b>closed Tuesdays!</b>	9:30—11:30	9:30—11:30	9:30—11:30
<b>art THERAPY with Claudine</b>		<b>Textiles with Claudine</b>	<b>Leathercrafts with Marc</b> 1st, 15th, 29th	<b>Jammin' A Joy with Shelly</b>
<p>Pack up and hall cleaning daily: 11:30—12:00</p> <p>When therapy sessions are on inside TEMHCO please wait until noon when they finish.</p> <p>Lunch: 12:00 - 12:30 just \$2</p>			<b>Freestyle Arts &amp; Crafts with Claudine</b> 8th, 22nd	<p><b>TEMHCO membership \$10 Due June 30</b></p>
			<b>Jewelry Making with Mark R</b> 8th, 22nd	
10:00—12:00	10:00—12:00	10:00—12:00	10:00—12:00	10:00—12:00
<b>Massage with Rose</b> 5th, 19th	<p>Meet at Somerville in Gray</p> <p><b>Grow</b></p>	<b>LADIES PAMPERING with Rose</b> 7th, 21st	<b>MEN'S GROOMING with Rose</b> 1st, 15th, 29th	<b>reflexology with Tammy</b> 30th
<b>Reiki with Tammy</b> 12th, 26th	Attend Grow at Somerville, Gray	1:00—2:00	1:00—2:00	12:30—2:30
<b>Free counselling with Tammy</b> 5th, 19th	<p>Outings in the bus on Tuesday &amp; Saturday</p>	<p>Coming in July DBT Group Find out more June 21st</p>	<b>Basic guitar lessons with Sean</b>	<p><b>Friday BBQ lunch in the park</b></p> <p>Members free Non-members \$2</p> <p>TEMHCO closed Friday afternoons so everyone can attend.</p>
<p><b>COVID-19 rules - please wear a mask and observe physical distancing</b></p>	<p>Study day for students: book with Tracey</p>	<p><b>Saturday 17th 8:30—12:00</b></p> <p>Community Wheel Palmerston Shopping Centre</p>	<p><b>Thursday 15th 9:00—12:00</b></p> <p>TEMHCO information stall Palmerston Shopping Centre</p>	



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**NORTHERN TERRITORY GOVERNMENT**

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**Opening hours:**  
Monday, Wednesday, Thursday, Friday 9:00-2:30  
Tuesdays - By appointment only