



What's on @ TEMHCO

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30—11:30</p> <p>art THERAPY with Claudine</p>	<p>closed Tuesdays!</p>	<p>9:30—11:30</p> <p>Textiles with Claudine</p>	<p>9:30—11:30</p> <p>Leathercrafts with Maree</p>	<p>10:00—12:00</p> <p>music therapy with Crystal</p>
<p>Pack up and hall cleaning daily: 11:30—12:00 When therapy sessions are on inside TEMHCO please wait until noon when they finish. Lunch: 12:00 - 12:30 just \$2</p>			<p>Freestyle Arts & Crafts with Claudine</p>	<p>TEMHCO membership \$10 Due June 30</p>
			<p>Jewelry Making with Mark R</p>	
<p>10:00—12:00</p> <p>Massage with Rose</p>	<p>Tuesdays - open by appointment for student study or members for individual help. Talk to Tracey to book or find out more.</p> <p>Bus outings Tuesday & Saturday - times & places vary.</p>	<p>10:00—12:00</p> <p>LADIES PAMPERING with Rose</p>	<p>10:00—12:00</p> <p>MEN'S GROOMING with Rose</p>	<p>10:00—12:00</p> <p>reflexology with Tammy</p>
<p>Reiki with Tammy</p>		<p>Free counselling with Tammy</p>	<p>1:00—2:00</p> <p>Lunchtime DBT Skills Held each Wednesday in Palmerston - starting August 4th Bookings essential</p>	<p>Thursday 19th 9:00—12:00 TEMHCO information stall Palmerston Shopping Centre</p>
<p>Please practice good hygiene & physical distancing Keep the Territory healthy!</p> <p>NEW GROW TIME</p>		<p>1:00—3:00</p> <p>Meet at Somerville in Gray</p> <p>Grow Attend Grow at Somerville, Gray</p>	<p>Mindfulness (being aware of the present moment without judgment)</p> <p>Emotion regulation (understanding and reducing vulnerability to emotions, changing unwanted emotions)</p> <p>Distress tolerance (getting through crisis situations without making things worse and accepting reality as it is)</p> <p>Interpersonal effectiveness (getting interpersonal objectives met, maintaining relationships, and increasing self-respect in relationships)</p>	<p>Saturday 21st 8:30—12:00 Community Wheel Palmerston Shopping Centre</p>



Proudly sponsored by
NORTHERN TERRITORY GOVERNMENT

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