



What's on @ TEMHCO

SEPTEMBER 2021

Top End Mental Health Consumers Organisation

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 9th 23rd</p> <p>Freestyle Arts & Crafts with Claudine</p> <p>Jewelry Making with Mark R 9th 23rd</p>	<p>10:00—12:00</p> <p>music therapy with Crystal</p>
<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>			<p>TEMHCO membership \$10 Due Now!</p>	
<p>10:00—12:00</p> <p>Massage with Rose 13th 27th</p> <p>Reiki with Tammy 6th 20th</p> <p>Free counselling with Tammy 6th 27th</p>	<p>Tuesdays - open by appointment for student study or members for individual help. Please call 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 1st 15th 29th</p>	<p>10:00—12:00</p> <p>MEN'S GROOMING with Rose 9th 23rd</p>	<p>10:00—12:00</p> <p>reflexology with Tammy 24th</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</p> <p>Attend Grow at Somerville, Gray</p>	<p>1:00—2:00</p> <p>Lunchtime DBT Skills</p> <p>Held each Wednesday at Marie-Claire's Office Bookings essential</p>	<p>Thursday 16th 9:00—12:00 TEMHCO information stall Palmerston Shopping Centre</p>	<p>Friday 24th BBQ lunch in the park</p> <p>Members free Non-members \$2 TEMHCO closed Friday afternoons so everyone can attend.</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 18th 8:30—12:00 Community Wheel Palmerston Shopping Centre</p>



Proudly sponsored by
NORTHERN TERRITORY GOVERNMENT

	86 Woodroffe Ave Woodroffe
	www.temhco.com.au
	exec@temhco.com.au
	0429 082 781
	TopEndMentalHealthConsumersOrganisation

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