



What's on @ TEMHCO

OCTOBER 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 7th 21st</p> <p>FREESTYLE Arts & Crafts with Claudine</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>10:00—12:00</p> <p>MEN'S GROOMING with Rose 14th 28th</p>	<p>10:00—12:00</p> <p>reflexology with Tammy 29th</p>
<p>10:00—12:00</p> <p>Massage with Rose 11th 25th</p> <p>Reiki with Tammy TBA 18th</p> <p>Free counselling with Tammy TBA 25th</p>	<p>Tuesdays - open by appointment for student study or members for individual help. Please call to book or find out more.</p> <p>Courtesy Bus Provided - on activity days</p>	<p>10:00—12:00</p> <p>LADIES PAMPERING with Rose 6th 20th</p>	<p>10:00—12:00</p> <p>Thursday 14th 10:00—12:00 TEMHCO MENTAL HEALTH WEEK OPEN DAY Free BBQ Lunch</p>	<p>Friday 29th BBQ lunch in the park</p> <p>Members free Non-members \$2 TEMHCO closed Friday afternoons so everyone can attend.</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 from 20th Oct</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 23th 11:00am—1:00PM TEMHCO AGM With BBQ Lunch</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