

What's on @ TEMHCO

November 2021

TEMHCO



Top End Mental Health
Consumers Organisation

MONDAY	9:30—11:30 ART THERAPY with Claudine	10:00—12:00 massage with Rose	Courtesy Bus Provided on activity days 
TUESDAY	closed Tuesdays!	Tuesdays are open by appointment only for student study or members for individual help. Please call to book or for further information.	1:00-3:00 Meet at Grow, Somerville in Gray  Grow
WEDNESDAY	9:30—11:30 Textiles with Claudine	10:00—12:00 Ladies Pampering with Rose 3rd & 17th	1:00—2:00 Each Wednesday at Marie Clare's Office. Bookings Essential 
THURSDAY	9:30—11:30 Leathercrafts with Marc 4th & 18th	9:30—11:30 Freestyle Arts & Craft with Claudine	10:00—12:00 MEN'S GROOMING with Rose 25th Wednesday 10th due to excursion on 11th 
FRIDAY	10:00—12:00 music therapy with Crystal	12:00-01:00 Tommy's 50th Birthday Celebration 26th	

Special Events November

- 4th** (Thurs) Cuppa day
- 6th** (Sat) **AGM** 11—12
- 8th** (Mon) TEMHS talk 11:30-12:30
- 10th** (Wed) RTT demonstration 11:30—12:30
- 11th** (Thurs) DVA PostOpPoP excursion 9:30—lunchtime

Opening Hours

Monday:	9:00am—2:30pm
Tuesday:	By Appointment only
Wednesday:	9:00am—2:30pm
Thursday:	9:00am—2:30pm
Friday:	9:00am—

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	Top End Mental Health Consumer

