

# What's on @ TEMHCO

December 2021



TEMHCO



Top End Mental Health Consumers Organisation

<b>MONDAY</b>	9:30—11:30 <b>ART THERAPY</b> with Claudine	10:00—12:00 <b>massage</b> with Rose	Courtesy Bus Provided on activity days 
<b>TUESDAY</b>	<b>closed Tuesdays!</b>	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  <b>Grow</b>
<b>WEDNESDAY</b>	9:30—11:30 <b>Textiles</b> with Claudine	10:00—12:00 <b>Ladies Pampering</b> with Rose 1st & 15th	1:00—2:00 Each Wednesday at Marie Clare's Office. Bookings Essential     <small>DBT, dialectical behavior therapy</small>
<b>THURSDAY</b>	9:30—11:30 <b>Freestyle</b> Arts & Craft with Claudine	10:00—12:00 <b>MEN'S GROOMING</b> with Rose 9th & 23rd	<b>TEMHCO Christmas Party</b> 23rd December 11:30-2pm 
<b>FRIDAY</b>	10:00—12:00 <b>music therapy</b> with Crystal 3rd & 17th	12:00-01:00 <b>JAMMING</b> with Tommy 10th	TEMHCO Closed 24 Dec to 4 Jan <b>Merry Christmas!</b> 

## Special Events December

- ◆ Sue's Farewell 1st Dec
- ◆ (No DBT on 1st Dec)
- ◆ MIFA Christmas Party 15th Dec (RSVP by 6th)
- ◆ TEMHCO Christmas Party 23rd Dec (RSVP by 8th Dec)

## Opening Hours

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

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