

What's on @ TEMHCO



January 2021



TEMHCO



Top End Mental Health Consumers Organisation

MONDAY	9:30—11:30 ART THERAPY with Claudine From the 17th	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 1st & 15th	1:00—2:00 Each Wednesday at Marie Clare's Office. Bookings Essential
THURSDAY	9:30—11:30 Freestyle Arts & Craft with Claudine	10:00 — 12:00 MEN'S GROOMING with Rose 13th & 27th	Become a Member! Only \$10 to access activities and services!
FRIDAY	10:00—12:00 music therapy with Crystal 7th & 21st	10:00 — 12:00 JAMMING with Tommy 14th & 28th	

Special Events January

- ♦ Mon 24th Jan - Andrew Markland—TEMHS talk

IMPORTANT

- ♦ DBT postponed until 9th February
- ♦ Art will continue (Claudine returns on the 17th Jan)

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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