

What's on @ TEMHCO



March 2022



TEMHCO



Top End Mental Health Consumers Organisation

Special Events March

- ◆ **Thursday 17th @ 11:00am— DCLS (Darwin Community Legal Service) talk.**
- ◆ **Monday Members Meeting –held Monday 7th March @ 11:30am**
- ◆ **International cultural fusion of fashion & food 9th march 11am-1:30pm (international women's week)**
- ◆ **Women of Palmerston photography exhibition 10th march 10am-12pm**

MONDAY	9:30—11:30 ART THERAPY with Claudine	10:00—12:00 massage with Rose	Courtesy Bus Provided—to members attending activities
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- Meet at Grow, Somerville in Gray
WEDNESDAY	9:30—11:30 Textiles with Claudine	10:00—12:00 Ladies Pampering with Rose 2nd & 16th	1:00—2:00 DBT Bookings Essential
THURSDAY	9:30—11:30 Freestyle Arts & Craft with Claudine	10:00 — 12:00 MEN'S GROOMING with Rose 10th & 24th	Become a Member! Only \$10 to access activities and services!
FRIDAY	10:00—12:00 music therapy with Crystal 4th & 18th	10:00 — 12:00 JAMMING with Tommy 11th & 25th	EVERYDAY IS A SECOND CHANCE

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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