

What's on @ TEMHCO



April 2022



TEMHCO



Top End Mental Health Consumers Organisation

Special Events April

- ◆ **Monday Members Meeting – held Monday 11th April @ 11:30am**
- ◆ **Food bank runs on Wednesday mornings—fortnightly**
- ◆ **Easter egg hunt @ TEMHCO 14th of April**
- ◆ **DBT commences Mondays 11 April @12pm**

<p>Closed 18th & 25th</p> <p>MONDAY</p> <p>DBT 11th & 18th</p>	<p>9:30—11:30</p> <p>ART THERAPY with Claudine</p>	<p>10:00—12:00</p> <p>massage with Rose</p>	<p>12:00—1:00</p> <p>DBT Bookings Essential</p>
<p>TUESDAY</p>	<p>CLOSED Tuesdays!</p>	<p>Tuesdays are open by appointment only for student study or members for individual help. Please call to book or for further information.</p>	<p>1:00- Meet at Grow, Somerville in Gray</p> <p>Grow</p>
<p>DBT 20th & 27th @ 12pm</p> <p>WEDNESDAY</p>	<p>9:30—11:30</p> <p>Textiles with Claudine</p>	<p>10:00—12:00</p> <p>Ladies Pampering with Rose</p> <p>6th & 20th</p>	<p>Courtesy Bus Provided—to members attending activities</p>
<p>THURSDAY</p>	<p>9:30—11:30</p> <p>Freestyle Arts & Craft with Claudine</p>	<p>10:00 — 12:00</p> <p>MEN'S GROOMING with Rose</p> <p>14th & 28th</p>	<p>Become a Member!</p> <p>Only \$10 to access activities and services!</p>
<p>Closed 15th</p> <p>FRIDAY</p>	<p>10:00—12:00</p> <p>music therapy with Crystal</p> <p>1st & 15th</p>	<p>10:00 — 12:00</p> <p>JAMMING with Tommy</p> <p>8th & 22th</p>	

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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