

What's on @ TEMHCO

June 2022



Top End Mental Health
Consumers Organisation

<p>MONDAY</p>	<p>9:30—11:30 ART THERAPY with Claudine</p>	<p>10:00—12:00 massage with Rose</p>	<p>Courtesy Bus Provided—to members attending activities</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>WEDNESDAY</p>	<p>9:30—11:30 Textiles with Claudine</p>	<p>10:00—12:00 Ladies Pampering with Rose 8th & 22th</p>	<p>12:00—1:00 DBT Bookings Essential</p>
<p>THURSDAY</p>	<p>9:30—11:30 Freestyle Arts & Craft with Claudine</p>	<p>10:00—12:00 MEN'S GROOMING with Rose 16th & 30th</p>	<p>Become a Member! Only \$10 to access activities and services!</p>
<p>FRIDAY</p>	<p>10:00—12:00 music therapy with Crystal</p>	<p>10:00—12:00 JAMMING with Tommy 10th & 24th</p>	<p>You yourself, as much as anybody in the entire universe, deserve your love and affection. Buddha</p>

Special Events June

- Monday Members Meeting – held Monday 6th June @ 11:30am
- Food bank runs on Wednesday mornings—fortnightly
- DBT commences Wednesday 1st @ 12pm—enquire to book!

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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