

# What's on @ TEMHCO

## JULY 2023

TEMHCO



Top End Mental Health  
Consumers Organisation

<p><b>MONDAY</b></p>	<p>9:30—12:00 <b>ART THERAPY</b> with Claudine</p> 	<p>10:00—12:00 <b>massage</b> with Rose</p> 	<p>Courtesy Bus Palmerston area Only</p> 	<ul style="list-style-type: none"> <li>◆ <b>Closed Public Holidays</b> <b>28th July</b></li> <li>◆ <b>Food bank– Wednesday</b> <b>5th &amp; 19th July</b></li> <li>◆ <b>Lunches are Back</b></li> <li>◆ <b>Members Meeting</b> <b>26th July</b> <b>Lunch Provided</b></li> </ul>
<p><b>TUESDAY</b></p>	<p>From 9:00 Paint, Draw, Play Games You Choose</p> 	<p>Transport to FoodBank on Wednesdays 5th and 19th July</p> 		
<p><b>WEDNESDAY</b></p>	<p>9:30—12:00 <b>Textiles</b> with Claudine</p> 	<p>10:00—12:00 <b>PAMERING &amp; GROOMING</b> with Rose <b>6th and 20th</b></p>	<p><b>DBT</b> Starting in July 2pm-4pm</p>	<p><b>Opening Hours</b></p> <p>Monday: 9:00am—2:30pm Tuesday: 9:00am—2:30pm Wednesday: 9:00am—2:30pm Thursday: 9:00am—2:30pm Friday: 9:00am—2:30pm</p>
<p><b>THURSDAY</b></p>	<p>9:00—12pm <b>Craft Day</b> With Marilyn &amp; Aylah</p>	<p>10:00 — 12:00 <b>PAMERING &amp; GROOMING</b> with Rose <b>13th and 27th</b></p>	<p><b>New Members</b> Join now and receive 14 months (2023/22 remaining FY &amp; 2023/24)</p> <p><b>Only \$10 membership per financial year 2023/24</b></p> 	<p>📍 3 Maluka Drive, Palmerston City</p> <p>🌐 <a href="http://www.temhco.com.au">www.temhco.com.au</a></p> <p>✉ <a href="mailto:programs@temhco.com.au">programs@temhco.com.au</a></p> <p>☎ 0429 082 781</p> <p>📘 Top End Mental Health Consumer</p>
<p><b>FRIDAY</b></p>	<p>10:00—12:00 <b>music therapy</b> with Crystal <b>7th, 21st</b></p> 	<p>10:00 — 12:00 <b>JAMMING</b> with Tommy <b>14th</b></p> 	<p><b>Happy July</b> as the new month begins. I send you lots of smile and Sunshine Wishes.</p> 	

