

# What's on @ TEMHCO

## AUGUST 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>Monday 7th August</b></li> <li>◆ <b>Food bank– Wednesday</b> <b>2nd ,16th ,30th</b></li> <li>◆ <b>Lunches are Back</b></li> <li>◆ <b>Members Meeting</b> <b>31st August</b> <b>FREE 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 2nd, 16th, 30th</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>2nd, 16th &amp; 30th</b></p>	<p><b>DBT</b> <b>Enrol Now! 2pm-4pm</b></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>10th and 24th</b></p>	<p><b>MEMBERSHIP IS NOW DUE!</b> Join or renew your membership for 2023/24 financial year.</p> <p>Only \$10 membership per financial year 2023/24</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 Organisation</p>
<p><b>FRIDAY</b></p>	<p>10:00—12:00 <b>music therapy</b> with Crystal</p> <p>4th, 18th</p>	<p>10:00 — 12:00 <b>JAMMING</b> with Tommy</p> <p>11th 25th</p> 	<p><b>TEMHCO IS OPEN WEEKDAYS</b> <b>9:00 AM TO 2:30 PM</b> <b>JOIN US FOR AFTERNOON</b> <b>ACTIVITIES</b></p>	

