

What's on @ TEMHCO

SEPTEMBER 2023

TEMHCO



Top End Mental Health
Consumers Organisation

<p>MONDAY</p>	<p>9:30—12:00 ART THERAPY with Claudine</p> 	<p>10:00—12:00 massage with Rose</p> 	<p>Courtesy Bus Palmerston area Only</p> 	<ul style="list-style-type: none"> ◆ Food bank— Wednesday 13th & 27th ◆ Members Meeting 27th September Lunch Provided
<p>TUESDAY</p>	<p>From 9:00 Paint, Draw, Play Games You Choose</p> 	<p>Transport to FoodBank on Wednesdays 13th & 27th</p> 		
<p>WEDNESDAY</p>	<p>9:30—12:00 Textiles with Claudine</p> 	<p>10:00—12:00 PAMERING & GROOMING with Rose 6th and 20th</p>	<p>DBT Starting in July 2pm-4pm</p>	<p>Opening Hours</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>THURSDAY</p>	<p>9:00—12pm Craft Day With Marilyn & Aylah</p>	<p>10:00 — 12:00 PAMERING & GROOMING with Rose 14th and 28th</p>	<p>R U Ok? Morning Tea 14/9/23 Special Event—See Flyer 9:30 to 11:30 Darrandirra Child & Family Centre Malak (book for lift if required)</p> 	<p>3 Maluka Drive, Palmerston City</p> <p>www.temhco.com.au</p> <p>programs@temhco.com.au</p> <p>0429 082 781</p> <p>Top End Mental Health Consumer Organisation</p>
<p>FRIDAY</p>	<p>10:00—12:00 music therapy with Crystal</p>  <p>8th 22nd</p>	<p>10:00 — 12:00 JAMMING with Tommy</p>  <p>1st 15th & 29th</p>	<p>Planting Seeds of Hope 8/9/23 11am to 3pm Special Event—See Flyer</p> 	

