

TEMHCO Mental Health Week Program

<p>MONDAY 9TH OCT <i>Pampering with Rose</i></p>	<p><u>9:00—2:30</u> Art Exhibition open! Entertainment, tea, coffee & community engagement.</p>	<p>1st, 2nd and 3rd place winners drawn 11th October PRIZES TO BE WON 10:30—Morning Team</p>	<p>Vote for your Favourite Art </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> <hr/> <p> The Hub 3 Maluka Drive Palmerston</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>TUESDAY 10TH OCT</p>	<p><u>9:30—12:00</u> Jie Dye With Jan</p>	<p>Bring your own white cotton item to renew! 10:30—Morning Team</p>		
<p>WEDNESDAY 11TH OCT</p>	<p><u>9:30—12:00</u> Glass & Ceramic Painting Decorate cups, glasses etc. Art Winners Announced!</p>		<p>Create a Banner for TEMHCO Celebrating our Strength @ TEMHCO 10:30 - Morning Tea</p>	
<p>THURSDAY 12TH OCT <i>Pampering with Rose</i></p>	<p><u>9:30—12:00</u> A time to engage with the community – sharing our stories & poems</p>	<p><u>10:00-11:00</u> Mini pet care session  happy paws happy hearts</p>	<p><u>11:00—12:00</u> DEVONSHIRE TEA PARTY Scones, Cream & Jam </p>	
<p>FRIDAY 13TH OCT</p>	<p><u>9:30—12:00</u> Music Jam Session with Tommy & Crystal</p>		<p><u>12:00—1:00</u> BBQ Lunch!  It's BBQ Time!</p>	

TEMHCO



Top End Mental Health Consumers Organisation



NORTHERN TERRITORY
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