




What's on @ TEMHCO

November 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"> ◆ TEMHCO Memberships are now Due ◆ Members Meeting 30th November Lunch Provided
<p>TUESDAY</p>	<p>From 9:30 Tie Dye With Jan & Graham</p> 		<p>Transport to FoodBank on Wednesdays 8th & 22nd</p> 	
<p>WEDNESDAY</p>	<p>9:30—12:00 Textiles with Claudine</p> 	<p>10:00—12:00 PAMERING & GROOMING with Rose 1st & 15th</p>	<p>DBT Please Call 0429082781</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 CREATIVE DAYS</p> 	<p>10:00 — 12:00 PAMERING & GROOMING with Rose 9th & 23rd</p>	<p>TEMHCO Membership Only \$10 per Financial Year</p> 	<ul style="list-style-type: none"> 📍 3 Maluka Drive, Palmerston City 🌐 www.temhco.com.au ✉ programs@temhco.com.au ☎ 0429 082 781 📘 Top End Mental Health Consumer
<p>FRIDAY</p>	<p>10:00—12:00 music therapy with Crystal</p> 	<p>10:00 — 12:00 JAMMING with Tommy</p> 	<p>"May your heart and mind be open enough to receive the blessings of new month." <i>Happy November</i></p> 	

