

# What's on @ TEMHCO

## December 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>Members Christmas Lunch 14th December \$10</li> <li>Claude away from 18th December returns 15th January 2024</li> <li>DBT <i>From Chaos to Clarity</i> To commence in February (Classes require min 8 to max 10 participants)</li> </ul>
<p><b>TUESDAY</b></p>	<p>From 9:30 <b>Tie Dye</b> With Jan &amp; Graham</p> 		<p>Bring your own Material to Tye Dye or Buy from TEMHCO</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 6th, 20th &amp; 13th</p>	<p>12:30—13:30 <b>Yoga &amp; Sound Bowls</b> Light lunch provided</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>CREATIVE DAYS</b></p> 	<p>10:00 — 12:00 <b>PAMERING &amp; GROOMING</b> with Rose 7th</p>	<p><b>TEMHCO Membership</b> Only \$10 per Financial Year</p> 	<ul style="list-style-type: none"> <li>3 Maluka Drive, Palmerston City</li> <li>www.temhco.com.au</li> <li>programs@temhco.com.au</li> </ul>
<p><b>FRIDAY</b></p>	<p>10:00—12:00 <b>music therapy</b> with Crystal</p> 	<p>10:00 — 12:00 <b>JAMMING</b> with Tommy</p> 	<p><b>TEMHCO Closed</b> From 25th Dec to 2nd Jan 2024 <i>Merry Christmas!</i></p> 	<p>0429 082 781</p> <p>Top End Mental Health Consumer</p> 

