










What's on @ TEMHCO

February 2024

TEMHCO



Top End Mental Health
Consumers Organisation

<p>MONDAY</p>	<p>9:30—12:00</p>  <p>Art & Painting</p>	<p>10:00—12:00</p> <p>massage with Rose</p> 	<p>We're Hiring Art Therapist</p>	<ul style="list-style-type: none"> • <u>Members Meeting 28/02/24</u> ♦ <i>DBT From Chaos to Clarity</i> To commence in March ♦ (Classes require min 8 to max 10 participants) ♦ 0429 082 781
<p>TUESDAY</p>	<p>From 9:30</p> <p>Tie Dye With Graham</p>		<p>Bring your own Material to Tye Dye or Buy from TEMHCO</p>	
<p>WEDNESDAY</p>	<p>9:00—2:30</p> 	<p>10:00—12:00</p> <p>PAMERING & GROOMING with Rose</p> <p>7th & 14th</p>	<p>TEMHCO Opening Hours</p> <p>9am To 2:30pm</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>10:00—12pm</p> <p>Japanese Yukata With Sachi</p> 	<p>10:00 — 12:00</p> <p>PAMPERING & GROOMING with Rose</p> <p>22nd & 29th</p>	<p>Great place to socialise! Games, puzzles, art materials and laptops available everyday!</p>	
<p>FRIDAY</p>	<p>10:00—12:00</p> <p>music therapy with Crystal</p>  <p>9th & 23rd</p>	<p>10:00 — 12:00</p> <p>JAMMING with Tommy</p>  <p>2nd & 16th</p>	<p>TEMHCO Membership</p> <p>Only \$10 per Financial Year</p> 	

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