

# What's on @ TEMHCO

## April 2024

TEMHCO



Top End Mental Health  
Consumers Organisation

<p><b>MONDAY</b></p>	<p>9:30—12:00</p>  <p><b>Art &amp; Painting</b> With Ange</p>	<p>10:00—12:00</p> <p><b>massage</b> with Rose</p> 	<p><b>Great place to socialise!</b> Games, puzzles, art materials and laptops available everyday!</p>	<p><u>Members Meeting 24/04/24</u></p> <p><b>HEALTH MATTERS</b> From the 4th April 1pm to 2:30pm Contact Sam Goding M: 0475287640 Email: sam.goding@neaminational.org.au</p> <p><u>TEMHCO CLOSED</u> 1 April 2024 25 April 2024</p>
<p><b>TUESDAY</b></p>	<p>From 9:30</p> <p><b>Tie Dye</b> With Graham</p>	 <p>Bring your own Material to Tye Dye or Buy from TEMHCO</p>	<p><b>DBT CLASSES</b> “From Chaos to Clarity in 4-steps” 9th &amp; 23rd April 1 pm to 2:30 pm</p>	
<p><b>WEDNESDAY</b></p>	<p>9:00—2:30</p> 	<p>10:00—12:00</p> <p><b>PAMERING &amp; GROOMING</b> with Rose</p> <p>10th &amp; 24th</p>	<p><b>TEMHCO Opening Hours</b></p> <p>9am To 2:30pm</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>10:00—12pm</p> <p><b>Japanese Yukata</b> With Sachi</p> 	<p>10:00 — 12:00</p> <p><b>PAMPERING &amp; GROOMING</b> with Rose</p> <p>4th &amp; 18th</p>	<p><b>HEALTH MATTERS</b> Workshop 1 pm to 2:30 pm</p>	
<p><b>FRIDAY</b></p>	<p>10:00—12:00</p> <p><b>music therapy</b> with Crystal</p>  <p>5th &amp; 19th</p>	<p>10:00 — 12:00</p> <p><b>JAMMING</b> with Tommy</p>  <p>12th &amp; 26th</p>	<p><b>TEMHCO Membership</b></p> <p>Only \$10 per Financial Year</p> 	

	3 Maluka Drive, Palmerston City
	www.temhco.com.au
	programs@temhco.com.au
	0429 082 781
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