



ONLINE GROUPS - JULY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
1	2	3	4	5	6	7							
Activity Group 5pm			Pain Group 11am		Depression Group 5pm						Peer Support Crisis Group 4pm		
8	9	10	11	12	13	14							
			Depression Group 5pm			Peer Support Crisis Group 4pm							
15	16	17	18	19	20	21							
		Pain Group 11am		Depression Group 5pm						Peer Support Crisis Group 4pm			
22	23	24	25	26	27	28							
Mindful Drinking Group 6pm			Depression Group 5pm			Peer Support Crisis Group 4pm							
29	30	31											
		Pain Group 11am											

Please contact us if you would like to join a group
www.takeoffworks.org - referrals@takeoffworks.org - 01227 788 211