



# CANTERBURY & ASHFORD GROUPS - JULY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	2	3	4	5					
Depression Group 11am		Creative Group 11am						Ashford Group 12am	
8	9	10	11	12					
Depression Group 11am								Ashford Group 12am	
15	16	17	18	19					
Depression Group 11am		Creative Group 11am						Ashford Group 12am	
22	23	24	25	26					
Depression Group 11am								Ashford Group 12am	
30	31								
Depression Group 11am		Creative Group 11am							

Please contact us if you would like to join a group  
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