



# SOUTH KENT COAST GROUPS - JULY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
IT Group 1.30pm Dover									
8		9		10		11		12	
Walking Group 11am Folkestone		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
IT Group 1.30pm Dover									
15		16		17		18		19	
		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
IT Group 1.30pm Dover									
22		23		24		25		26	
Walking Group 11am Dover		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
IT Group 1.30pm Dover									
29		30		31					
		Wellbeing & Forum 1pm Folkestone							
IT Group 1.30pm Dover									

Please contact us if you would like to join a group  
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