



ONLINE GROUPS - FEBRUARY 2024

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

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