



# ONLINE GROUPS - NOVEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
								1		2			3
													Peer Support Crisis Group 4pm
4		5		6		7		8		9			10
Activity Group 5pm						Depression Group 5pm							Peer Support Crisis Group 4pm
11		12		13		14		15		16			17
		Managing Pain 11am				Depression Group 5pm							Peer Support Crisis Group 4pm
		Waiting for Diagnosis (ASD or ADHD) 5pm											
18		19		20		21		22		23			24
						Depression Group 5pm							Peer Support Crisis Group 4pm
25		26		27		28		29		30			
		Managing Pain 11am				Depression Group 5pm							
		Waiting for Diagnosis (ASD or ADHD) 5pm											

Please contact us if you would like to join a group  
[www.takeoffworks.org](http://www.takeoffworks.org) - [referrals@takeoff.works](mailto:referrals@takeoff.works) - 01227 788 211