



# ONLINE GROUPS - JANUARY 2024

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