



# CANTERBURY & ASHFORD GROUPS - AUGUST 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
								Ashford Group 12am	
5	6	7	8	9					
Depression Group 11am								Ashford Group 12am	
12	13	14	15	16					
Depression Group 11am	Creative Group 11am							Ashford Group 12am	
19	20	21	22	23					
Depression Group 11am								Ashford Group 12am	
26	27	28	29	30					
Depression Group 11am	Creative Group 11am							Ashford Group 12am	

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