



SOUTH KENT COAST GROUPS - OCTOBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	2		3		4		
		Wellbeing & Forum Folkestone 1pm			Women's Group Folkestone 11am		Health Access Group Dover 1pm		
							Managing Depression Dover 3pm		
7		8	9		10		11		
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm					Health Access Group Dover 1pm		
							Managing Depression Dover 3pm		
14		15	16		17		18		
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm			Women's Group Folkestone 11am		Health Access Group Dover 1pm		
							Managing Depression Dover 3pm		
21		22	23		23		24		
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm					Health Access Group Dover 1pm		
							Managing Depression Dover 3pm		
28		29	30		31				
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm			Women's Group Folkestone 11am				

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