

Please contact 01227 788 211 or www.takeoffworks.org and leave message if you would like to attend our groups.

December 2022 Online Groups



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
			Depression Group 5pm	Cooking Group 1pm		Peer Support Crisis Group for ALL areas 4pm
5	6	7	8	9	10	11
		Depression Group 11am	Depression Group 5pm			Peer Support Crisis Group for ALL areas 4pm
12	13	14	15	16	17	18
	Mood Group 11pm Creative Group 2pm		Depression Group 5pm	Cooking Group 1pm		Peer Support Crisis Group for ALL areas 4pm
19	20	21	22	23	24	25
		Depression Group 11am	Depression Group 5pm			Christmas Day 12pm – 4pm
26	27	28	29	30	31	1
	Mood Group 11pm		Depression Group 5pm			



Take Off, 34 Military Road, Canterbury, CT1 1LT

www.takeoffworks.org 01227 788 211 info@takeoffworks.org

