



# SOUTH KENT COAST GROUPS - MAY 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2	Wellbeing Group 1pm Folkestone	3		4	IT Group 1pm Dover	5	Depression Group 1pm Dover
8		9	Wellbeing Group 1pm Folkestone	10		11	IT Group 1pm Dover	12	Depression Group 1pm Dover
15	Activity Group 11am	16	Wellbeing Group 1pm Folkestone	17		18	IT Group 1pm Dover	19	Depression Group 1pm Dover
22	Activity Group 11am	23	Wellbeing Group 1pm Folkestone	24		25	IT Group 1pm Dover	26	Depression Group 1pm Dover
29		30	Wellbeing Group 1pm Folkestone	31					

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