



# CANTERBURY & ASHFORD GROUPS - SEPTEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Managing Depression Canterbury 11am		Creative Group Canterbury 11am				Cooking on a Budget Canterbury 11am		Managing Depression Ashford 12pm	
8		9		10		11		12	
Managing Depression Canterbury 11am								Managing Depression Ashford 12pm	
15		16		17		18		19	
Managing Depression Canterbury 11am		Creative Group Canterbury 11am						Managing Depression Ashford 12pm	
22		23		24		25		26	
Managing Depression Canterbury 11am								Managing Depression Ashford 12pm	
29		30							
Managing Depression Canterbury 11am		Creative Group Canterbury 11am							

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