



CANTERBURY & ASHFORD GROUPS - MAY 2025

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

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