



ONLINE GROUPS - AUGUST 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
						1		2		3		4	
						Depression Group 5pm						Peer Support Crisis Group 4pm	
5		6		7		8		9		10		11	
Mindful Drinking Group 6:30pm						Depression Group 5pm						Peer Support Crisis Group 4pm	
12		13		14		15		16		17		18	
Activity Group 5pm				Pain Group 11am		Depression Group 5pm						Peer Support Crisis Group 4pm	
19		20		21		22		23		24		25	
Mindful Drinking Group 6:30pm						Depression Group 5pm						Peer Support Crisis Group 4pm	
26		27		28		29		30		31			
				Pain Group 11am		Depression Group 5pm							

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