



# CANTERBURY GROUPS - NOVEMBER 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
6		7		8		9		10	
Depression Group 11am		Creative Group 11am							
13		14		15		16		17	
Depression Group 11am									
20		21		22		23		24	
Depression Group 11am		Creative Group 11am							
27		28		29		30			
Depression Group 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