



# ONLINE GROUPS - JANUARY 2024

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

Please contact us if you would like to join a group  
[www.takeoffworks.org](http://www.takeoffworks.org) - [referrals@takeoffworks.org](mailto:referrals@takeoffworks.org) - 01227 788 211