



ONLINE GROUPS - SEPTEMBER 2024

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

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