



# ONLINE GROUPS - MAY 2024

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

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