



# SOUTH KENT COAST GROUPS - FEBRUARY 2023

| MONDAY                       |  | TUESDAY                           |  | WEDNESDAY |  | THURSDAY              |  | FRIDAY                        |  |
|------------------------------|--|-----------------------------------|--|-----------|--|-----------------------|--|-------------------------------|--|
|                              |  |                                   |  | 1         |  | 2                     |  | 3                             |  |
|                              |  |                                   |  |           |  | IT Group 1pm<br>Dover |  | Depression Group 1pm<br>Dover |  |
| 6                            |  | 7                                 |  | 8         |  | 9                     |  | 10                            |  |
| Activity Group 11am<br>Dover |  | Wellbeing Group 1pm<br>Folkestone |  |           |  | IT Group 1pm<br>Dover |  | Depression Group 1pm<br>Dover |  |
| 13                           |  | 14                                |  | 15        |  | 16                    |  | 17                            |  |
| Activity Group 11am<br>Dover |  | Wellbeing Group 1pm<br>Folkestone |  |           |  | IT Group 1pm<br>Dover |  | Depression Group 1pm<br>Dover |  |
| 20                           |  | 21                                |  | 22        |  | 23                    |  | 24                            |  |
| Activity Group 11am<br>Dover |  | Wellbeing Group 1pm<br>Folkestone |  |           |  | IT Group 1pm<br>Dover |  | Depression Group 1pm<br>Dover |  |
| 27                           |  | 28                                |  |           |  |                       |  |                               |  |
| Activity Group 11am<br>Dover |  | Wellbeing Group 1pm<br>Folkestone |  |           |  |                       |  |                               |  |

Please contact us if you would like to join a group  
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