



# ONLINE GROUPS - JUNE 2024

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

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