



# SOUTH KENT COAST GROUPS - AUGUST 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	Depression Group 3pm Dover
5	6	7	8	9					Depression Group 3pm Dover
Walking Group 11am Folkestone	Wellbeing & Forum 1pm Folkestone								
IT Group 1.30pm Dover									
12	13	14	15	16					Depression Group 3pm Dover
IT Group 1.30pm Dover	Wellbeing & Forum 1pm Folkestone								
19	20	21	22	23					Depression Group 3pm Dover
Walking Group 11am Dover	Wellbeing & Forum 1pm Folkestone								
IT Group 1.30pm Dover									
26	27	28	29	30					Depression Group 3pm Dover
IT Group 1.30pm Dover	Wellbeing & Forum 1pm Folkestone								

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