



# ONLINE GROUPS - MAY 2023

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

Please contact us if you would like to join a group  
[www.takeoffworks.org](http://www.takeoffworks.org) - [referrals@takeoff.works](mailto:referrals@takeoff.works) - 01227 788 211