



CANTERBURY CREATIVE GROUP

Take Off is running an online Creative Group to support positive mental wellbeing. Each group, we focus on a different theme, for example an animal, nature or weather theme.

Any level of experience is welcome. It's a welcoming group to socialise in a safe and supportive environment.

The group runs every other Tuesday at 11am, in Canterbury

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

A place of positivity

Get support, advice and have fun

Regular attendance welcome

FREE to
attend

