



SOUTH KENT COASTAL GROUPS - FEBRUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm				Women's Group Folkestone 11am		Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
10		11		12		13		14	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm						Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
17		18		19		20		21	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm				Women's Group Folkestone 11am		Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
24		25		26		27		28	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm						Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	

Please contact us if you would like to join a group - www.takeoffworks.org - referrals@takeoff.works - 01227 788 211