



ONLINE GROUPS - FEBRUARY 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	Managing Pain 11am		Managing Depression 5pm										Peer Support Crisis Group 4pm
	Waiting for Diagnosis (ASD or ADHD) 5pm												
10	11	12	13	14	15	16							
			Managing Depression 5pm										Peer Support Crisis Group 4pm
17	18	19	20	21	22	23							
	Managing Pain 11am		Managing Depression 5pm										Peer Support Crisis Group 4pm
	Waiting for Diagnosis (ASD or ADHD) 5pm												
24	25	26	27	28									
			Managing Depression 5pm										

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