



ONLINE GROUPS - APRIL 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		1		2		3		4		5		6	
		Managing Pain 11am				Managing Depression 5pm						Peer Support Crisis Group 4pm	
		Waiting for Diagnosis (ASD or ADHD) 5pm											
7		8		9		10		11		12		13	
Activity Group 5pm						Managing Depression 5pm						Peer Support Crisis Group 4pm	
14		15		16		17		18		19		20	
		Managing Pain 11am				Managing Depression 5pm						Peer Support Crisis Group 4pm	
		Waiting for Diagnosis (ASD or ADHD) 5pm											
21		22		23		24		25		26		27	
						Managing Depression 5pm						Peer Support Crisis Group 4pm	
28		29		30									
		Managing Pain 11am											
		Waiting for Diagnosis (ASD or ADHD) 5pm											

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