



SOUTH KENT COASTAL GROUPS - JANUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
								Health Access Group Dover 1pm	
								Managing Depression Dover 3pm	
6		7		8		9		10	
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	
13		14		15		16		17	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm						Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
20		21		22		23		24	
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	
27		28		29		30		31	
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