



ONLINE GROUPS - OCTOBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		1		2		3		4		5		6	
						Managing Depression 5pm						Peer Support Crisis Group 4pm	
7		8		9		10		11		12		13	
Activity Group 5pm						Managing Depression 5pm							
14		15		16		17		18		19		20	
						Managing Depression 5pm						Peer Support Crisis Group 4pm	
21		22		23		24		25		26		27	
						Managing Depression 5pm							
28		29		30		31							
						Managing Depression 5pm							

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