



# ONLINE GROUPS - DECEMBER 2024

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

Please contact us if you would like to join a group  
[www.takeoffworks.org](http://www.takeoffworks.org) - [referrals@takeoff.works](mailto:referrals@takeoff.works) - 01227 788 211