



CANTERBURY & ASHFORD GROUPS - AUGUST 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	
								Managing Depression Ashford 12pm	
4		5		6		7		8	
Managing Depression Canterbury 11am						Cooking on a Budget Canterbury 11am		Managing Depression Ashford 12pm	
11		12		13		14		15	
Managing Depression Canterbury 11am		Creative Group Canterbury 11am						Managing Depression Ashford 12pm	
18		19		20		21		22	
Managing Depression Canterbury 11am								Managing Depression Ashford 12pm	
25		26		27		28		29	
Managing Depression Canterbury 11am		Creative Group Canterbury 11am						Managing Depression Ashford 12pm	

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