



CANTERBURY & ASHFORD GROUPS - DECEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Menaging Depression Canterbury 11am		Creative group Canterbury 11am				Cooking on a Budget Canterbury 11am		Managing Depression Ashford 12pm	
9		10		11		12		13	
Menaging Depression Canterbury 11am								Managing Depression Ashford 12pm	
16		17		18		19		20	
Menaging Depression Canterbury 11am		Creative group Canterbury 11am						Managing Depression Ashford 12pm	
23		24		25		26		27	
Menaging Depression Canterbury 11am									
30		31							
Menaging Depression Canterbury 11am		Creative group Canterbury 11am							

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