



# CANTERBURY & ASHFORD GROUPS - SEPTEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Depression Group 11am Canterbury								Ashford Group 12am	
9		10		11		12		13	
Depression Group 11am Canterbury		Creative Group 11am Canterbury						Ashford Group 12am	
16		17		18		19		20	
Depression Group 11am Canterbury								Ashford Group 12am	
23		24		25		26		27	
Depression Group 11am Canterbury		Creative Group 11am Canterbury						Ashford Group 12am	
30									
Depression Group 11am Canterbury									

Please contact us if you would like to join a group  
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