



CANTERBURY & ASHFORD GROUPS - APRIL 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	2		3		4		
					Cooking on a Budget Canterbury 11am		Managing Depression Ashford 12pm		
7		8	9		10		11		
Managing Depression Canterbury 11am		Creative group Canterbury 11am						Managing Depression Ashford 12pm	
14		15	16		17		18		
Managing Depression Canterbury 11am									
21		22	23		24		25		
Managing Depression Canterbury 11am		Creative group Canterbury 11am						Managing Depression Ashford 12pm	
28		29	30						
Managing Depression Canterbury 11am									

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