



ONLINE GROUPS - APRIL 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
1	2	3	4	5	6	7							
Activity Group 5pm				Depression Group 5pm						Peer Support Crisis Group 4pm			
8	9	10	11	12	13	14							
		Pain Group 11am		Depression Group 5pm						Peer Support Crisis Group 4pm			
15	16	17	18	19	20	21							
			Depression Group 5pm							Peer Support Crisis Group 4pm			
22	23	24	25	26	27	28							
		Pain Group 11am		Depression Group 5pm						Peer Support Crisis Group 4pm			
29	30												

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