



# ONLINE GROUPS - FEBRUARY 2023

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

Please contact us if you would like to join a group  
[www.takeoffworks.org](http://www.takeoffworks.org) - [referrals@takeoff.works](mailto:referrals@takeoff.works) - 01227 788 211