



CANTERBURY & ASHFORD GROUPS - MARCH 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
Managing Depression Canterbury 11am						Cooking on a Budget Canterbury 11am		Managing Depression Ashford 12pm	
10		11		12		13		14	
Managing Depression Canterbury 11am		Creative group Canterbury 11am						Managing Depression Ashford 12pm	
17		18		19		20		21	
Managing Depression Canterbury 11am								Managing Depression Ashford 12pm	
24		25		26		27		28	
Managing Depression Canterbury 11am		Creative group Canterbury 11am						Managing Depression Ashford 12pm	
31									
Managing Depression Canterbury 11am									

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