



CANTERBURY & ASHFORD GROUPS - NOVEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
								1 Depression group Ashford 12pm	2			3	
4 Depression group Canterbury 11am	5 Creative group Canterbury 11am	6		7		8 Depression group Ashford 12pm	9					10 PSPC Canterbury 1pm	
11 Depression group Canterbury 11am	12	13		14		15 Depression group Ashford 12pm	16					17	
18 Depression group Canterbury 11am	19 Creative group Canterbury 11am	20		21		22 Depression group Ashford 12pm	23					24 PSPC Canterbury 1pm	
25 Depression group Canterbury 11am	26	27		28		29 Depression group Ashford 12pm	30						

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