



SOUTH KENT COASTAL GROUPS - NOVEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4		5		6		7		8	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm						Health Access Group Dover 1pm	
								Managing Depression Dover 3pm	
11		12		13		14		15	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm				Women's Group Folkestone 11am		Health Access Group Dover 1pm	
								Managing Depression Dover 3pm	
18		19		20		21		22	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm						Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
25		26		27		28		29	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm				Women's Group Folkestone 11am			
Managing Depression Folkestone 6pm									

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