



SOUTH KENT COASTAL GROUPS - NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	Wellbeing & Forum Folkestone 1pm			Women's Group Folkestone 11am	Health Access Group Dover 1pm	1
					Managing Depression Dover 3pm	
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 Dover 3pm	
25	26	27	28	29		
IT Group Dover 1.30pm	Wellbeing & Forum Folkestone 1pm		Women's Group Folkestone 11am			

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