



# ONLINE GROUPS - MAY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
						1 Managing Depression 5pm		2		3		4 Peer Support Crisis Group 4pm	
5 Activity Group 5pm		6		7		8 Managing Depression 5pm		9		10		11 Peer Support Crisis Group 4pm	
12		13 Managing Pain 11am Waiting for Diagnosis (ASD or ADHD) 5pm		14		15 Managing Depression 5pm		16		17		18 Peer Support Crisis Group 4pm	
19		20		21		22 Managing Depression 5pm		23		24		25 Peer Support Crisis Group 4pm	
26		27 Managing Pain 11am Waiting for Diagnosis (ASD or ADHD) 5pm		28		29		30		31			

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