



CANTERBURY & ASHFORD GROUPS - JANUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1			2	3	
						Cooking on a Budget Canterbury 11am			
6		7		8		9		10	
Managing Depression Canterbury 11am								Managing Depression Ashford 12pm	
13		14		15		16		17	
Managing Depression Canterbury 11am		Creative group Canterbury 11am						Managing Depression Ashford 12pm	
20		21		22		23		24	
Managing Depression Canterbury 11am								Managing Depression Ashford 12pm	
27		28		29		30		31	
Managing Depression Canterbury 11am		Creative group Canterbury 11am						Managing Depression Ashford 12pm	

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