



# SOUTH KENT COASTAL GROUPS - DECEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm						Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm				Women's Group Folkestone 11am		Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>	
IT Group Dover 1.30pm		Festive buffet Folkestone						Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
<b>30</b>		<b>31</b>							
IT Group Dover 1.30pm		Wellbeing & Forum Folkestone 1pm							
Managing Depression Folkestone 6pm									

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