



I.T Group

Take Off is running an I.T group to support positive mental wellbeing. The group covers all kind of computer programs and has ranged from writing Emails & CV's to programming and is open to all levels of ability, no previous experience necessary!

The group runs on Fridays from 11.00 - 13.00 at our Take Off building in Canterbury (address to the right).

For any further information, please feel free to get in contact using the details here or use the contact form on our website.



A place of positivity

Somewhere you can get support, advice and have fun

Learn a new skill

100% service user led

Free to attend

Regular attendance welcome

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