



01227 788 211 --- office@takeoff.works --- www.takeoff.works

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 11:00 Northgate Computers 2:30 Bipolar group	2	3 PSCG
4	5	6 12:00 Northgate Cooking	7 2:30 Yoga Ashford Live Well Centre 6:30 ASD group	8 11:00 Northgate Computers	9	10 PSCG
11 12:30 Womens' Creative group 4:00 Young PS Group	12	13 12:00 Northgate Cooking	14 6:30 Depression group	15 11:00 Northgate Computers 2:30 Bipolar group	16	17 PSCG
18 3:30 Healthy Eating (for eating disorders)	19 11:00 BPD group	20 12:00 Northgate Cooking	21 2:30 Yoga Ashford Live Well Centre	22 11:00 Northgate Computers	23	24 PSCG
25 12:30 Creative group	26	27 12:00 Northgate Cooking	28 6:30 Depression group	29 11:00 Northgate Computers 2:30 Bipolar group	30	Gardening group in Faversham Millfield Allotment and Canterbury Take Off. Contact for info on days and times