



Canterbury

October

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
	11:00 Bipolar group 4:00 Depression group	12:00 Northgate Cooking	6:30 ASD group	11:00 Northgate Computers		PSCG
8	9	10	11	12	13	14
12:30 Womens' Creative group 4:00 Young PS Group		12:00 Northgate Cooking	6:30 Depression group	11:00 Northgate Computers	10:00 Gardening Canterbury	PSCG
15	16	17	18	19	20	21
3:30 Healthy Eating (for eating disorders)	11:00 BPD group 4:00 Depression group	12:00 Northgate Cooking		11:00 Northgate Computers		PSCG
22	23	24	25	26	27	28
12:30 Creative group		12:00 Northgate Cooking	6:30 Depression group	11:00 Northgate Computers	10:00 Gardening Canterbury	PSCG
29	30	31				
		12:00 Northgate Cooking				