



for physical &  
mental wellbeing

# Canterbury

# December

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