



Canterbury

January

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 11:00 Bipolar group	2 12:00 Northgate Cooking	3 6:30 Depression group	4 11:00 Northgate Computers	5 10:00 Gardening Canterbury	6 PSCG
7	8 4:30 Depression group	9 12:00 Northgate Cooking	10 3:00 Music group	11 11:00 Northgate Computers	12	13 PSCG
14 12:30 Womens' Creative group 4:00 Young PS Group	15 10:30 Hands on with Nature! 11:00 BPD group	16 12:00 Northgate Cooking	17 6:30 Depression group	18 11:00 Northgate Computers	19 10:00 Gardening Canterbury	20 PSCG
21 3:30 Healthy Eating (for eating disorders)	22 4:30 Depression group	23 12:00 Northgate Cooking	24 3:00 Music group	25 11:00 Northgate Computers	26	27 PSCG
28 12:30 Creative group	29 10:30 Hands on with Nature!	30 12:00 Northgate Cooking	31 11:00 King's Mile Gaming at <i>Dice and Destiny</i> 6:30 Depression group			