



Canterbury

February

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 PSCG
4	5	6	7	8	9	10 PSCG
6:00 Bipolar group	4:30 Depression group	12:00 Northgate Cooking	3.00 Music Group			
11	12	13	14	15	16	17 PSCG
12:30 Womens' Creative group		12:00 Northgate Cooking	6:30 Depression group	10:30 Hands on with Nature		
4:00 Young PS Group						
18	19	20	21	22	23	24 PSCG
3:30 Healthy Eating (for eating disorders)	11:00 BPD group	12:00 Northgate Cooking	3.00 Music Group			
	4:30 Depression group					
25	26	27	28			
12:30 Creative group	10:30 Hands on with Nature	12:00 Northgate Cooking	6:30 Depression group			