



Canterbury

November

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