



## IT & Technology Group

Take Off is running an IT and Technology peer group to support positive mental wellbeing. Our trained facilitators are people who have experience of living with mental illness they offer a warm, friendly, safe place to talk and share positive ways to live with and maintain mental wellbeing.

Meetings are held weekly every Tuesday 3.30pm-5.30pm at:  
Take off, Unit 1A, Granville Street, Dover, Kent. CT16 2LF  
(Near Halfords and opposite Dover Sorting Office)

Bring along your own devices or use ours. We will try our best to answer your tech questions and or teach you how to use your tech. We provide help with online form filling or applications. This time is yours and for you to decide what you would like to get out of it, this is a relaxed group and we support all levels of IT and tech ability.

For any further information, please feel free to get in contact using the details here or use the contact form on our website.



A place of Positivity

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Somewhere you can get support, advice and be yourself

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Share and Learn with other Peers

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100% service user led

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Free to attend

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