



# Canterbury

# March

Please contact 01227 788 211 before attending any groups for the first time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	1	2	3
		12pm Northgate Cooking	11am Kings Mile Gaming 6.30pm Depression and Anxiety Group			PSCG
4	5	6	7	8	9	10
6pm Bipolar Group	4.30pm Depression and Anxiety Group	12pm Northgate Cooking	3pm Music Group			PSCG
11	12	13	14	15	16	17
12.30 Women's Creative Group 4pm Young PS Group		12pm Northgate Cooking	11am Kings Mile Gaming 6.30pm Depression and Anxiety Group	10.30am Hands On With Nature		PSCG
18	19	20	21	22	23	24
3.30 healthy Eating (For eating disorders)	11am BPD Group 4.30pm Depression and Anxiety Group	12pm Northgate Cooking	3pm Music Group			PSCG
25	26	27	28	29	30	31
12.30 Creative Group		12pm Northgate Cooking	11am Kings Mile Gaming 6.30pm Depression and Anxiety Group	10.30am Hands On With Nature		PSCG

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