



# Canterbury

# April

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

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

Take off, 34 Military Road, Canterbury, CT1 1LT



[www.takeoff.works](http://www.takeoff.works)

01227 788 211

[office@takeoff.works](mailto:office@takeoff.works)

