



Canterbury

June

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

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

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