



# Canterbury

## May

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

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

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