



Canterbury

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	2	4
		12pm Northgate Cooking		10.00am Hands On With Nature!		PSCG
			6.30pm Depression and Anxiety Group			
5	6	7	8	9	10	11
1pm Tea and Treats	4.30pm Depression and Anxiety Group	12pm Northgate Cooking	3pm Music Group			PSCG
12	13	14	15	16	17	18
12.30 Women's Creative Group		12pm Northgate Cooking	11am Kings Mile Gaming			PSCG
4.00 Young Person's Group			6.30pm Depression and Anxiety Group			
19	20	21	22	23	24	25
1pm Tea and Treats	11am BPD Group	12pm Northgate Cooking	3pm Music Group			PSCG
3.30 Healthy Eating (For eating disorders)	4.30pm Depression and Anxiety Group					
26	27	28	29	30	31	1
12.30 Creative Group		12pm Northgate Cooking	11am Kings Mile Gaming			PSCG
			6.30pm Depression and Anxiety Group			

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

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