



Canterbury

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
						PSCG
2	3	4	5	6	7	8
1pm Tea and Treats	4.30pm Depression and Anxiety Group	12pm Northgate Cooking	3pm Music Group			PSCG
9	10	11	12	13	14	15
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			
16	17	18	19	20	21	22
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					
23	24	25	26	27	28	29
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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