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# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			2pm Movement and Dance The Landmark Centre	11:30 Cooking Course Folkestone Methodist Church
			6:30pm Depression/Anxiety MCCH Dover	
6	7	8	9	10
11am General Support Group Costa Folkestone			11am Peer Support Group Folkestone Methodist Church	11:30 Cooking Course Folkestone Methodist Church
			2pm Creative Writing The Landmark Centre	
13	14	15	16	17
12pm Photography Group Folkestone Methodist Church		11am General Support Group Costa Folkestone	2pm Movement and Dance The Landmark Centre	
6pm Wellbeing group MCCH Dover			6:30pm Depression/Anxiety MCCH Dover	
20	21	22	23	24
11am General Support Group Costa Folkestone			11am Peer Support Group Folkestone Methodist Church	
			2pm Creative Writing The Landmark Centre	
27	28	29	30	
12pm Photography Group Folkestone Methodist Church			2pm General Support Group Papas, Sandgate Road	
6pm Wellbeing group MCCH Dover			2pm Movement and Dance The Landmark Centre	