

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

| Monday | Tuesday | Wednesday                                             | Thursday | Friday                                                                       | Saturday |
|--------|---------|-------------------------------------------------------|----------|------------------------------------------------------------------------------|----------|
| 1      | 2       | 3                                                     | 4        | 5                                                                            | 6        |
|        |         | 1:00pm Depression group<br>The Kitchen CT9, Margate   |          |                                                                              |          |
| 8      | 9       | 10                                                    | 11       | 12                                                                           | 13       |
|        |         | 10:30am Depression group<br>Vinyl Head Café, Ramsgate |          | 2:15pm Explorers -<br>Strokes Crazy Golf, Margate<br>(Call for more details) |          |
| 15     | 16      | 17                                                    | 18       | 19                                                                           | 20       |
|        |         | 1:00pm Depression group<br>The Kitchen CT9, Margate   |          |                                                                              |          |
| 22     | 23      | 24                                                    | 25       | 26                                                                           | 27       |
|        |         | 10:30am Depression group<br>Vinyl Head Café, Ramsgate |          |                                                                              |          |
| 29     | 30      | 31                                                    | 01       | 02                                                                           | 03       |
|        |         | 1:00pm Depression group<br>The Kitchen CT9, Margate.  |          |                                                                              |          |

Take Off, 34 Military Road, Canterbury, CT1 1LT