



Take Off Peer Groups

Age 17+
01227 788211

Take Off is a peer led organisation and has paid peer workers who facilitate groups.

Dover

- Managing Depression (fortnightly)
- Peer Support Group (fortnightly)
- Cooking (weekly)
- Creative (fortnightly)
- IT (weekly)
- Gaming (fortnightly)

Folkestone:

- Cooking (weekly)
- Managing depression (fortnightly)

New Romney:

- Gaming and IT group (fortnightly)

Aylesham

- Cooking group (fortnightly)
- Depression group (fortnightly)