

Shepway

January

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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
	11am-1pm Depression/Anxiety			
	Baptist Church, Dover Road,			
	Folkestone			
6	7	8	9	10
	11am-1pm IT Group			11.30 Cooking
	Baptist Church, Dover Road,			Baptist Church, Dover Road,
	Folkestone			Folkestone
13	14	15	16	17
	11am-1pm Depression/Anxiety			
	Baptist Church, Dover Road,			
	Folkestone			
20	21	22	23	24
	11am Cake and Chat			11.30 Cooking
	Baptist church, Dover road,			Baptist Church, Dover Road,
	Folkestone			Folkestone
27	28	29	30	31
	11am-1pm Depression/Anxiety			
	Baptist Church, Dover Road,			
	Folkestone			

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



