

March and April

Please contact 01227 788 211 or go to www.takeoff.works/contact-us/ and leave a message if you would like a 1:1 phone chat. Or contact us to join remote peer group sessions on the following days:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 23	March 24	March 25	March 26	March 27	March 28	March 29
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Prevention of Crisis Remote Peer Group For ALL areas 4-6pm
	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe	Depression Group 6-8pm With Tamsyn and Helen			
March 30	March 31	April 1	April 2	April 3	April 4	April 5
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Prevention of Crisis Remote Peer Group For ALL areas 4-6pm
	Creative Group 2-4pm With Emily	Depression Group 11-1 With Zoe	Depression Group 3-5pm With Tamsyn and Helen			
April 6	April 7	April 8	April 9	April 10	April 11	April 12
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Prevention of Crisis Remote Peer Group For ALL areas 4-6pm
	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe	Depression Group 6-8pm With Tamsyn and Helen			
April 13	April 14	April 15	April 16	April 17	April 18	April 19
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Prevention of Crisis Remote Peer Group For ALL areas 4-6pm
	Creative Group 2-4pm With Emily	Depression Group 11-1 With Zoe	Depression Group 3-5pm With Tamsyn and Helen			
April 20	April 21	April 22	April 23	April 24	April 25	April 26
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Prevention of Crisis Remote Peer Group For ALL areas 4-6pm
	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe	Depression Group 6-8pm With Tamsyn and Helen			
April 27	April 28	April 29	April 30			
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm			
	Creative Group 2-4pm With Emily	Depression Group 11-1 With Zoe	Depression Group 3-5pm With Tamsyn and Helen			



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