

Please contact 01227 788 211 or go to [www.takeoff.works/contact-us/](http://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:

# June



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
Depression Group 3-5pm With Helen and Tamsyn	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe and Rachel	Depression Group 6-8pm With Tamsyn and Helen	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Tamsyn and Helen	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Tracie		Cooking Group 2-4pm With Sally				
8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>
Depression Group 3-5pm With Helen and Tamsyn	BPD group 11-12:30 With Tamsyn and Daniel	Depression Group 11-1 With Zoe and Rachel	Depression Group 3-5pm With Tamsyn and Helen	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Tamsyn and Helen	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Tracie	Creative Group 2-4pm With Emily and Tamsyn	Cooking Group 2-4pm With Sally				
15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>
Depression Group 3-5pm With Helen and Tamsyn	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe and Rachel	Depression Group 6-8pm With Tamsyn and Helen	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Tamsyn and Helen	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Tracie		Cooking Group 2-4pm With Sally				
22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>
Depression Group 3-5pm With Helen and Tamsyn	BPD group 11-12:30 With Tamsyn and Daniel	Depression Group 11-1 With Zoe and Rachel	Depression Group 3-5pm With Tamsyn and Helen	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Tamsyn and Helen	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Tracie	Creative Group 2-4pm With Emily and Tamsyn	Cooking Group 2-4pm With Sally				
29 <sup>th</sup>	30 <sup>th</sup>					
Depression Group 3-5pm With Helen and Tamsyn	Mood Group 3.30-5.30 With Tamsyn and Helen					
Activity Group 6-8pm With Mark and Tracie						

1 to 1 phone calls are available every day from Monday to Friday and an open phone line is available from 3-4pm from Monday to Friday

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

[www.takeoff.works](http://www.takeoff.works)

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