



**Looking for help?** our national helpline can put you in touch with a local volunteer who can. Call **083 900 69 62**

Monday	
Mossel Bay 18:30 - 20:00	Queen Street, Mossel Bay <i>Methodist Church, off Marsh Street</i> Contact: Russell 082 494 7779
Tuesday	
Plettenberg Bay 19:00 - 20:00	Piesang Valley Road, Plettenberg Bay <i>House of Steps, next to Community Hall</i> [open meeting 1st Tuesday of the month] Contact: Brandon 083 311 7780
Thursday	
Plettenberg Bay 19:00 - 20:30	Piesang Valley Road, Plettenberg Bay <i>House of Steps, next to Community Hall</i> Share/Topic Meeting Contact: Brandon 083 311 7780
George 19:30 - 21:00	Cathedral Street, George, Western Cape <i>St Mark's Cathedral</i> [Open first Thursday of the month] Contact: Tiaan 082 5639951 or Michelle 076 0280356 or Anton 078 1703 579
Friday	
Knysna 19:30 - 20:30	14 Clyde Street, Knysna <i>The Preysterian Church</i> Contact: Wayne 083 633 9777 / Sam 084 646 9988
Sunday	
Plettenberg Bay 17:00 - 18:00	Piesang Valley Road, Plettenberg Bay <i>House of Steps, next to Community Hall</i> JFT Meeting [open] Contact: Earl 072 6286290

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