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WomenCentre deliver a number of rolling services in a range of different venues across Kirklees. We are also open to requests from organisations and we will try to respond to community - speak to Louise or Kate.

To find out more about any of our projects and services, please contact us:

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NHS Greater Huddersfield Clinical Commissioning Group
and NHS North Kirklees Clinical Commissioning Group

MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
<p>9.30 - 12.00 Drop-In (Mental Health) Huddersfield Initial meetings required for new women</p> <p>10.45 – 11.45 Yoga group if part of our service just drop in. Only 12 women per group.</p>	<p>10.00 - 12.00 Neuro Linguistic Programming group 2017 waiting list</p>		<p>10.30 - 12.00 Music Group (Huddersfield) if part of our service just drop in.</p>		<p>10.00 - 12.15 Dance / Movement therapy 1 to 1 waiting list</p>		<p>9.30 - 12.00 Sew Good group. if part of our service just drop in.</p>
	<p>10.30 12.30 Reframing the Past. A solution focused group to life's obstacles. Waiting list</p>		<p>11.00 - 2.00 Allotment Fortnightly 12.30 - 3.30 Fortnightly Walking group If part of our service just come along.</p>				
	<p>1 to 1 Solution focused therapy 1.30 – 2.30 Waiting list</p>		<p>Women Together Therapeutic group work if part of our service just drop in. 12.15 till 3.00</p>		<p>10.00 – 12.30 Counselling 1 to 1 Waiting list</p>		<p>Counselling 11.30 – 3.00 1 to 1 waiting list</p>
	<p>1.00 - 3.00 C4C Confidence building group speak to Judy.</p>		<p>1.00-3.00 Making Sense group Speak to Siobhan</p>		<p>De-stressing sessions 11.00-12.45 1 to 1 waiting list</p>		<p>Talk English group 10.00 to 12.00 Waiting list no children allowed</p>
<p>2pm – 4pm 1 to 1 counselling Waiting list</p>	<p>Massage 12.45- 2.30 1 to 1 Waiting list</p>	<p>1 to 1 Psychotherapy 3.30 – 6.15 Waiting list</p>	<p>1.30 – 4.00 1 to 1 Counselling Waiting list</p>		<p>From 10/11/16 1 – 3 Mothers Living Apart from their children Group (fortnightly speak to Siobhan)</p>		<p>12.00 - 2.00 Women In Exile- drop in for all migrant women</p>
<p>12 – 2pm Conditional Caution 1 to 1 Appointments only.</p>							
<p>1.00 - 3.00 Relationship Group speak to Judy.</p>	<p>Mothers Living Apart From their Children 12.30-2.30 Dewsbury Speak to Siobhan</p>		<p>Chronic illness Group once a month next meeting Tues 20th June 1.00 – 3.00</p>	<p>Stress Group 10.30 to 12.10 Waiting list speak to Judy</p>	<p>12.00 -2.00 1st Thurs of the Month Readers group if part of our service just drop in.</p>	<p>12.30 - 2.30 Knit One pearl one tell one group. if part of our service just drop in.</p>	<p>Clothes Exchange Open all week – please ask a staff member or a volunteer</p>
<p>1 to 1 Support/initial meeting (Appointments only, Dewsbury) speak to Sobiya</p>							
<p>12.30 – 4pm Dewsbury open Access Session Art / crafts group Drop-in space/ time to talk 1-1 support Speak to Sobiya</p>	<p>Headspace Dewsbury 1.00-2.30 speak to Sobiya</p>		<p>1.30 - 3.30 Paddock Music group</p>	<p>4.30 – 6.30 Individual music therapy 1 to 1 waiting list</p>	<p>2.00 - 5.00 Individual music therapy waiting list speak to Emily.</p>	<p>3.00-4.30 Dance Movement group speak to Anna</p>	<p>We apologise due to limited funding and health and safety issues children are only able to attend the drop-in with their mothers.</p>
<p>Massage Therapy Dewsbury 1-4pm 1-1 waiting list Speak to Sobiya</p>	<p>Relaxation Dewsbury 2.45-3.30 speak to Sobiya</p>		<p>WOW group- co production -working together- if part of our service all welcome.</p>				
	<p>4.30 - 7.00 1 to 1 Counselling Waiting list</p>	<p>5.30 – 7.00 Eating Distress group speak to Judy</p>		<p>6.00 - 8.00 First Weds and Third Weds - sisters shhhOUT!-LBQ support group speak to Lemmy</p>			

-  Dewsbury based
-  Ravensthorpe based
-  Available all week