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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	
9.30 - 12.00 Drop-In (Mental Health) Huddersfield Initial meetings required for new women		Talk English group (Advanced) 10.00 – 11.30 Waiting list - no children allowed		10.00 – 12.00 Allotment starting 09/05/18 Waiting list		10.15 – 11.30 Dance / Movement therapy group – waiting list		9.30 - 12.00 Sew Good group. If part of our service just drop in.	
				10.30 – 11.30 Dance 1 to 1. Speak to Anna	10.30 – 12.00 Music Group (Hudds) just drop in.			Talk English group 9.30 – 11.30 Waiting list - no children allowed	
10.45 – 12.15 Yoga group If part of our service just drop in. Only 12 women per group.		10.00 – 13.00 Counselling 1 to 1 Waiting list.		10.30 - 12.10 Stress Group Waiting list speak to Ellie		10.00 – 12.30 Counselling 1 to 1 Waiting list.		10.45 – 2pm Counselling 1 to 1 Waiting list.	
		10.15 – 12.45 Eating Distress group speak to Judy							
		1.00-3.00 C4C Confidence building group speak to Judy.		12.30 - 3.00 Women Together Therapeutic group work if part of our service just drop in.					
1.00-3.00 Making Sense group Speak to Siobhan	1.00 - 3.00 Relationship Group Speak to Judy.	10.00 – 1.00 Counselling Dewsbury waiting list speak to Sobiya		12.30 - 3.30 Fortnightly Walking group Just come along. Please be aware that there will be a bus fare charge – speak to Anna.		12.00 -2.00 1st Thurs of the Month Readers group if part of our service just drop in.		12.00 - 2.00 Women In Exile- drop in for all women seeking asylum, refugees & new migrants.	
		12.30-2.30 Mothers Living Apart From their Children Dewsbury Speak to Siobhan							
1.30 – 4.00 Counselling/Psychotherapy 1 to 1 Waiting List		1.00 – 1.30 Relaxation Dewsbury speak to Sobiya		1.30 – 4.00 1 to 1 Counselling Waiting list		12.30 - 2.30 Knit One pearl one tell one group. If part of our service just drop in. 1.30 – 4.30 Dance Movement Therapy 1 to 1 Waiting list		Clothes Exchange Open all week – please ask a staff member or a volunteer	
1 to 1 Support/initial meeting (Appointments only, Dewsbury) speak to Sobiya									
12.30 – 4pm Dewsbury open Access Session Art / crafts group Drop-in space/ time to talk 1-1 support Speak to Sobiya 1-2.30pm 1 to 1 Destressing sessions Alexandre technique Waiting list		1.30-2.45 Headspace Depression and moods Dewsbury: :speak to Sobiya		1.30 - 3.30 Paddock Singing group	4.30 – 6.30 Individual music therapy 1 to 1 waiting list	From 10/11/17: 1.00 – 3.00 Mothers Living Apart from their children Group (fortnightly speak to Siobhan)		We apologise due to limited funding and health and safety issues children are only able to attend the drop-in with their mothers.  Dewsbury based  Available all week	
				WOW group- co production -working together- if part of our service all welcome.		3.00 – 4.00 Individual music therapy waiting list - speak to Emily.			
				6.00 - 8.00 First Weds and Third Weds - sisters shhhOUT!-LBQ support group speak to Anna					