



Group work Timetable (Mar/Apr 2020) Call us on 01484 450866 to book a place

If you are new to WomenCentre you will need to have an initial meeting – you can book this by calling us or by calling in at a drop in.

HUDDERSFIELD: 15 Lord Street, HD1 1QB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 - 12.00 Drop-In (Mental Health) Come along to find out more about the service and to book an initial one to one with one of our team. Run by Nikta</p>	<p>10.15 – 12.00 Addictive Behaviours course Please contact Judy to book a place</p>	<p>10.30-12.00 Music group Drop in if you are registered. Run by Emily</p>	<p>11.15 – 12.45 Dance Therapy for Stress and Anxiety – Drop In Run by Anna</p>	<p>9.30 - 12.00 Sew Good If you are part of our service just drop in Run By Anna</p>
<p>10.45 – 12.15 Yoga group Drop in if you are registered.- run by Ellie £3.00 per session</p>			<p>12.30 - 2.00 Readers group 1st Thursday of month Drop in if you are registered.</p>	<p>9.30 – 11.30 Talk English group Waiting list - no children allowed. Run by Paula</p>
<p>1.00-2.45pm Breaking the Cycle Run by Elisha and Romany Starts 2nd March for 6 weeks</p>	<p>Smoking Cessation 1 to 1 Starting 20/01/2020 Call to go on waiting list for an appointment Run by Judy</p>	<p>12.30 – 2.30 Women Together Support group open to any women using our service Run by Zenebu</p>	<p>12.30 - 2.30 Knit One pearl one tell one group. Drop in if you are registered. CHANGE OF TIME AND LOCATION FROM 09/04/2020: 1pm to 3pm in the GROUP ROOM Run by Anna</p>	<p>12.00-2.00 Women in Exile Drop in for women seeking asylum, refugees and new migrants. Run by Nikta</p>
		<p>12.30 - 3.30 Walking group Fortnightly Speak to Anna. There is a cost for bus fare to the walk.</p>	<p>1.00 - 3.00 Mother Living Apart from their children Group Last day: 26/03/2020 (Fortnightly, speak to Romany)</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>1.00– 3.00pm Healthy Relationships Starting 18th May for 6 weeks The Power of Goodbye Starting 6th July for 6 weeks Call office to book a place Run by Judy</p>	<p>1.00-3.00pm Mother Living Apart from their children Group Starting 31/03/2020 (speak to Romany)</p>	<p>1.30 - 3.30 Paddock Singing Group Drop in if you are registered. Run by Emily</p>	<p>1.00 - 3.00 Making Sense 8 week programme starting 21st May 2020 Speak to Romany</p>	
		<p>6.00 - 8.00 Sisters shhhOUT!-LGBTQ support group - Run by Anna F Call office to book a place.</p>		



Supporting women to better manage their mental health and wellbeing and make positive changes in their lives

Our approach to women’s mental health and wellbeing is to look at the whole woman. We recognise the effects that abuse, discrimination, physical and mental ill-health, financial pressure, unemployment, relationship conflicts and other issues have on our overall wellbeing.

We provide services in North and South Kirklees, which include drop-ins, self-help, therapeutic and activity groups. Our programme aims to support women to recognise their strengths and help make positive changes in their lives, at a pace that works for them.

To join WomenCentre and access our programme you will need to have an initial meeting with a member of staff.

You can do this in two ways:-

You can attend any of our drop in sessions, where you can find out more about what we offer and book an appointment for your initial meeting

Or

You can call us directly to book an appointment for your initial meeting

Counselling and therapeutic support

We also offer individual therapy using a range of approaches including counselling, music therapy, dance and movement therapy and art therapy. This is a donations based service that depends on your income (fees from £5 to £30 per session). Please call the office if you would like further information. There is a waiting list of around 1-2 months for all therapies.

Quitting Smoking – 1:1 support to quit smoking. Please speak to Judy or enquire with the office to arrange an appointment.

Clothes exchange – available throughout the week.

DEWSBURY: Empire House (1st Floor), Wakefield Old Rd, WF12 8DJ
Office number: 07590 445 846 (Please leave a message if switched off.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.30-12.30 Talk English group Speak to Sobiya to book a place.	CLOSED	1.00-3.00 Tea & Chat Open to all registered women	2.00 – 3.30pm Dance Therapy Drop in Starts 9 th April 2020 12 weeks NO SESSIONS:20/04/2020 and 07/05/2020	CLOSED We apologise due to limited funding and health and safety issues children are only able to attend the drop-in with their mothers.
12.30 – 4pm Drop in Come along to find out more about the service			Dewsbury Art Therapy Starting Thurs 23rd April for 10 weeks Please register interest with Sobiya.	
1.00– 3.00pm Breaking the Cycle Run by Elisha and Romany Starts 2 nd March for 6 weeks				
1.30pm – 3.30pm The Power of Goodbye – starting 2 nd March for 6 weeks				

WomenCentre Ltd

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Company no 06084795