



Online Group work Timetable (July / August 2020)

Call us on 01484 450866 or email: wmh@womenscentre.org.uk

Due to Covid-19 restrictions we are offering a reduced online service. If you are already a member of WomenCentre and would like to access these groups, please contact us.

If you are new to WomenCentre please call – once you have completed our registration paperwork you will have an initial meeting (over the phone) with a member of staff and can then access the online groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.00 – 11.45am Huddersfield Online Drop-In Contact the office number for details on how to participate. Run by Nikta and Sobiya	10.30 – 12.30pm Online Addictive Behaviours Contact the office number to register interest. Run by Judy	1.00– 1.45pm Online Dewsbury Tea & Quiz Contact the office number for details on how to participate. Run by Sobiya	11.00 – 11.45am Online Dance Therapy run by Anna Contact the office number to register interest.	11.00 – 11.40am Online Sewing and Knitting Contact the office for details
Yoga group Online yoga sessions with Ellie, please email or call the office number and we will send you the link		1.00 – 3.00pm Online Relationships Course Last session 19/08/2020	2.00 – 2.45pm Online Singing with Emily Contact 07540 635 711 or email emily.druce@womenscentre.org.uk	12.00 – 12.45pm Online Women In Exile and Women Together Contact the office for details
1.00 – 3.00pm Online Healthy Relationships course Starts 10/08/2020 for 8 weeks Contact the office number for details on how to participate. Run by Judy		1.00 – 3.00pm Online Empowering Relationships / Power of Goodbye Course Starts 23/09/2020 for 8 weeks Contact the office number for details on how to participate. Run by Judy	PLEASE FOLLOW US ON FACEBOOK @WomenCentreKirkleesCreativeArts The WomenCentre creative arts Facebook page was set up in response to lockdown as a space for therapeutic arts activities online. Engaging in creativity can generate motivation, lift your mood and help you find and connect with positive parts of yourself. The page is run by music therapist, Emily, and dance and movement therapist, Anna and includes posts from our yoga teacher and art therapist. If you regularly visit the page, you will find short activities to support your wellbeing. It is also a supportive space for women accessing the centre to share work created in sessions or independently at home.	
1.00– 1.45pm Dewsbury Online Drop-in Contact the office to register interest. Run by Sobiya	2.00 – 2.40pm Online Walking Group – fortnightly Please call the office or email anna.townend@womenscentre.org.uk			

Counselling

We are currently offer counselling via telephone or online (zoom)

Please call the office if you would like further information or visit our website to down load the referral forms

This is a low cost service, based on your self-declared income (costs from £5 to £30 per session).



The Community Foundation for the people of Kirklees

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