

Online Group work Timetable April to June 2021

Call us on 01484 450866 or email: wmh@womencentre.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.

******FOR ALL GROUPS / COURSES PLEASE CONTACT THE OFFICE TO REGISTER YOUR INTEREST******

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00 – 11.00am Online Yoga Session via Zoom Run by Ellie	10.30 – 12.30pm Online Addictive Behaviours Contact the office for details Run by Judy	1.00– 1.45pm Online Dewsbury Tea & Quiz Contact the office for details Run by Sobiya	11.00am – 12.20pm Online Dance Therapy run by Anna Contact the office for details	10.45 – 12.00am Online Sewing and Knitting Contact the office for details Run by Anna
12.00 – 12.45pm Huddersfield Online Drop-In Run by Nikta and Sobiya	1.00– 3.00pm Mothers Apart Support Group Contact the office for details Run by Lesley	1.00 - 2.30pm Online Empowering Relationships / Power of Goodbye Course - Judy Starts 26 th May for 8 weeks		
1.00 – 2.30pm Online Regain Confidence during Lockdown - Judy Starts 12 th April for 8 weeks	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. 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.	2.00 – 2.40pm Walking Group – Monthly Contact the office for details or email anna.townend@womencentre.org.uk	2.00 – 2.45pm Online Singing & Songwriting Contact Emily 07540 635 711 or email emily.druce@womencentre.org.uk	12.00 – 12.45pm Online Women In Exile & Women Together Contact the office for details
1.00– 1.45pm Dewsbury Online Drop-in Run by Sobiya				
1.45pm – 2.30pm Zoom Relaxation Session Oil massage and relaxation music/techniques Run by Sobiya			3.15 – 4.45pm Smoking Support Group Starts 14 th April for 8 weeks Run by Judy	

Counselling – PLEASE NOTE THE COUNSELLING WAITING LIST IS NOW CLOSED. WE WILL UPDATE THE TIMETABLE AND OUR WEBSITE WHEN WE REOPEN THIS SERVICE.

We offer counselling via telephone or online (zoom). Please call the office if you would like further information or visit our website to download the referral forms. This is a low cost service, based on your self-declared income (costs from £5 to £30 per session).



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