



Online Group work Timetable July to September 2021

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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.00 – 1.00pm Huddersfield Online Drop-In Run by Nikta and Sobiya	10.30 – 12.30pm The sweet taste of wellbeing Starts 18 th May for 8 weeks 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
12.30 – 1.30pm Online Yoga Session via Zoom Run by Ellie			2.00 – 2.45pm Online Singing & Songwriting Contact Emily 07540 635 711 or email emily.druce@womenscentre.org.uk	
1.00 – 2.30pm Online Regain Confidence during Lockdown - Judy Starts 5 th July for 8 weeks	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 7 th July 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.	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				
		2.00 – 2.40pm Walking Group – Monthly Contact the office for details or email anna.townend@womenscentre.org.uk		

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).

