



Online Group work Timetable Sep/Oct to December 2021

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

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 groups.

*****WE ARE WORKING IN A COVID SAFE MANNER; PLEASE ONLY ATTEND THE CENTRE BY PRIOR ARRANGEMENT *****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.30-12.30pm Huddersfield Online Drop-In Run by Nikta and Sobiya	10.30am – 12.30pm Online Addictive Behaviours - Judy ... to anything from food, negative cycles, to substances ... Starts 28th September for 8 weeks	10.30am – 12.00pm Music Group Contact the office for details Run by Emily	10.30am – 12.00pm Dance Therapy group run by Anna Contact the office for details	10.30 - 11.30am Women Together - Zenebu 6 week course Contact the office to book a place
11.00am – 12.00pm Zoom Relaxation Session Oil massage & relaxation music/techniques Run by Sobiya	11.00am-1.00pm Online Empowering Women For North Kirklees Starts 21st September for 6 weeks	10.45am – 12.15pm Walking and Exercise Group Greenhead Park Gates– Fortnightly starting 15th September Contact the office for details	12.30 – 2pm Paddock Singing Group run by Emily Contact office to register interest	12.30 – 2.45pm Women In Exile Contact the office to book a place Run by Nikta and Zenebu
12 – 1.30pm Aromatherapy with Gill (S2R) Huddersfield Centre Starts 4th October for 6 weeks	1.00– 3.00pm Huddersfield Mothers Apart Support Group Contact the office for details Run by Lesley	1.00– 1.45pm Online Dewsbury Tea & Quiz Contact the office for details Run by Sobiya	1.30 – 3.00pm Sewing and Crafts Contact the office for details Run by Anna	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.
12.30 – 1.30pm Yoga Session via Zoom Run by Ellie through S2R		1.00 - 2.30pm Online Empowering Relationships / Power of Goodbye Course - Judy Starts 29th September for 8 weeks		
1.00 – 2.30pm Online Confidence Group - Judy Starts 27th September for 8 weeks		6.00 – 8.00pm Sister Shout – Run By Anna F LGBTQ+ support group starts 13th Oct Contact office for details		
1.30pm-3.00pm Mindfulness in Crows Nest Park Dewsbury with S2R Contact Sobiya 07714489445				

Counselling

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).

