



Group work Timetable January – March 2022

Call us on 01484 450866 or email: wmh@womencentre.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 Info and Support Run by Nikta By appointment only	1.00– 3.00pm Huddersfield Mothers Apart Support Group Run by Lesley	10.15 – 11.45am Aromatherapy Dewsbury Starting 2nd Mar for 4 weeks Contact Sobiya 07714489445	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
12.30 – 1.30pm Yoga Session via Zoom Run by Ellie with S2R until 27/06/22	10.30am – 12.00pm Addictions Course starting 25th Jan – with Judy Contact the office for details.	10.30am – 12.00pm Music Group Contact the office for details Run by Emily - appointment only	12.30 – 2.30pm Intro to WomenCentre – Wellbeing Course starting 10th March for 6 weeks. Run by Lesley	12.30 – 2.45pm Women In Exile Contact the office to book a place Run by Nikta and Zenebu
12.45pm – 2.45pm Making Sense 8 weeks starting 28th Feb Run by Lesley – contact the office for details.		10.45am – 12.15pm Walking and Exercise Group Greenhead Park Gates– Fortnightly Contact the office for details	12.30 – 2pm Paddock Singing Group run by Emily Contact office to register interest	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.
11.00am – 12.00pm Dewsbury Zoom Relaxation Session Oil massage & relaxation Run by Sobiya		1.00pm – 3.00pm Menopause Group Starting 23rd February for 6 weeks Run by Judy Contact the office to register.	1.30 – 3.00pm Sewing and Crafts with Anna Contact the office for details By appointment only	
12.30 – 2.00pm Dewsbury drop-in By appointment only Contact Sobiya 07714489445		1.00– 1.45pm Online Dewsbury Tea & Quiz Contact the office for details Run by Sobiya		
		6.00 – 8.00pm Sister Shout – Run By Anna F LGBTQ+ support group Contact office for details		

Counselling – OUR WAITING LIST IS NOW CLOSED. PLEASE CHECK THE WEBSITE FOR UPDATES.

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).

