

Monday

10.30am - 12.30pm
Huddersfield
Drop In session for registered women
 Run by Nikta

Making Sense
 Run by Lesley

1.30am - 3.30pm

New group to be confirmed
 8 week course to support mothers to work through the emotional, practical, and social aspects of living apart from their children.

To book a place please phone the office

New Directions in Life Womens Kickboxing

1.30pm – 2.30pm

Run by New Direction Service
 Rebecca Kane

DEWSBURY

Drop In

12.30pm – 2.00pm

appointment only

Relaxation Dewsbury

2pm-2.45pm

Contact Eram

07714 489 445

Tuesday

Self Esteem Group
 Run by Judy

11.00am – 1.00pm

6 week discussion group for women to support & value their own self esteem which in turn will help to build confidence
Starting 2nd June 2026

To book a place please phone the office

Mothers Apart Support Group
 Run by Lesley

A follow on support group for women who have accessed the Making Sense group.

12.30pm– 2.30pm

Wednesday

Music Group

Group 1: 10.30am – 12.00pm

Group 2: 1.30pm – 3.00pm

Run by Emily

Women Together

11.00am – 1.00pm

Run by Zenebu

A drop-in for all women, with a focus on the needs of ethnic minority women

Support for women who smoke

11.00am – 1.00pm

Run by Judy

A 6 week discussion group for women who want support to reduce or quit smoking or vaping. Covering physical, mental and emotional well-being.

Starting 4th June 2026

Dance/Movement Therapy group

1.30-3pm

22nd April

Learn to listen to your body and the intuition that it holds

Run by Anna Townend

DEWSBURY

Book Club

10.30am-11.30pm

Yoga weekly

11.30am-12.30pm

Quiz lead by peers and Vol

1-2.30pm

Contact Eram

07714 489 445

Fruiti Tutti-LGBTQIA+ group

5.45pm – 7.45pm

Run by Lesley in Huddersfield



Thursday

Art Therapy

Huddersfield

Starting 23rd April

Times to be confirmed

6 week group

Run by Sophie

To inquire about this group please call the office on 01484 450866

Sewing and Knitting

1.00pm – 3.00pm

Run by Nikta

Please call office to book a place. This is a group for women who have some knowledge of sewing and knitting

Singing group

Group 1- 1pm-2pm

Group 2- 2.30pm-3.30pm

A therapeutic singing group, no singing experience required
 Run by Emily

Walking Group

Please contact the office for dates and more info

Friday

ESOL CLASS

10.30-12pm

Come and build your confidence in spoken english. Sessions delivered by Third Sector Leaders

Women in Exile

12.30pm – 2.30pm

Run by Nikta and Zenebu

A safe and supportive group for Refugee, Migrant and Asylum seeking women to come together, share experiences, build community, access vital resources and support for well-being

Call office for details

NEW GROUP

Peer Programme Group

6 weeks

A group for women who are registered with WomenCentre and would like an opportunity to understand

boundaries, communication skills, listening skills and much more. This can be a good foundation to volunteering. For more information contact Lesley on 01484 450866

COUNSELLING – we offer in person, phone and online counselling. **There is a waiting list for this service.** Please contact the office for more details