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WomenCentre deliver a number of rolling services in a range of different venues across Kirklees. We are also open to requests from organisations and we will try to respond to community - speak to Louise or Kate.

To find out more about any of our projects and services, please contact us:

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

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
9.30 - 12.00 Drop-In (Mental Health) Huddersfield Initial meetings required for new women	10.30 - 12.00 Reframing the Past. A solution focused group to life's obstacles. Waiting list	10.30 - 12.00 Music Group (Huddersfield) if part of our service just drop in.		10.15 – 11.30 Dance / Movement therapy group – waiting list	9.30 - 12.00 Sew Good group. if part of our service just drop in.
	12.45- 2.30 Massage 1 to 1 Waiting list	10.30 – 11.30 Dance 1 to 1. Speak to Anna			
10.45 – 12.15 Yoga group if part of our service just drop in. Only 12 women per group.	1.00 - 3.00 C4C Confidence building group speak to Judy.	12.30 - 3.30 Fortnightly Walking group If part of our service just come along.		10.00 – 12.30 Counselling 1 to 1 Waiting list	Counselling 11.30 – 3.00 1 to 1 waiting list
		12.30 till 3.00 Women Together Therapeutic group work if part of our service just drop in.			
2pm – 4pm 1 to 1 counselling Waiting list	12.30-2.30 Mothers Living Apart From their Children Dewsbury Speak to Siobhan	1.00-3.00 Making Sense group Speak to Siobhan		11.00-12.45 De-stressing sessions - ALexandre Technique 1 to 1 waiting list	Talk English group 10.00 to 12.00 Waiting list no children allowed
		1.30 – 4.00 1 to 1 Counselling Waiting list			
12 – 2pm Conditional Caution 1 to 1 Appointments only.	10.00 – 1.00 Counselling Dewsbury waiting list speak to Sobiya	12.45 – 14.45 Chronic illness Group once a month. Dewsbury	10.45 to 12.15 Stress Group Waiting list speak to Judy	12.30 - 2.30 Knit One pearl one tell one group. If part of our service just drop in.	Clothes Exchange Open all week – please ask a staff member or a volunteer
1.00 - 3.00 Relationship Group speak to Judy.					
1 to 1 Support/initial meeting (Appointments only, Dewsbury) speak to Sobiya	1.00-2.30 Headspace Depression and moods Dewsbury: :speak to Sobiya	1.30 - 3.30 Paddock Music group	4.30 – 6.30 Individual music therapy 1 to 1 waiting list	From 10/11/17 1 – 3 Mothers Living Apart from their children Group (fortnightly speak to Siobhan)	We apologise due to limited funding and health and safety issues children are only able to attend the drop-in with their mothers.
12.30 – 4pm Dewsbury open Access Session Art / crafts group Drop-in space/ time to talk 1-1 support Speak to Sobiya	2.45-3.30 speak to Sobiya				
	4.30 - 7.00 1 to 1 Counselling Waiting list	6.00 - 8.00 First Weds and Third Weds - sisters shhhOUT!-LBQ support group speak to Lemmy		 Dewsbury based  Ravensthorpe based  Available all week	
	5.30 – 7.30 Eating Distress group speak to Judy				