

Course and Events Diary 2016 to 2017

Course/Events	Day	Dates	Times
Open Café	Monday	Weekly	10am to 12pm
Creative Coffee Mornings	Wednesday	Weekly	10am to 12pm
Advice Appointments (1hr) <i>(please call the office to book a slot)</i>	Mon to Fri	Weekly	9am to 4pm
Legal Surgeries <i>(please call the office to book a slot)</i>	3 times a month	2 Surgeries 2 Surgery	10am to 4pm 2pm to 4pm
Money Advice Session <i>(please call the office to book a slot)</i>	Fridays (fortnightly)		9am to 3pm
Christmas Party	Thursday	15/12/16	4pm to 6pm
Freedom Programmes	Tuesdays Wednesdays Thursdays	10/01/17 to 28/03/17 11/01/17 to 29/03/17 12/01/17 to 30/03/17	10am to 11.30am 6pm to 7.30pm 1pm to 2.30pm
Escape the Trap	Tuesdays	10/01/17 (Meet & Greet) 17/01/17 to 14/03/17	4.30pm to 5.30pm 4.30pm to 6pm
Self Esteem - morning	Fridays	20/01/17 to 17/03/17	10am to 11.30am
Self Esteem - evening	Mondays	16/01/17 to 13/01/17	6pm to 7.30pm
Who's in Charge	Wednesdays	18/01/17 to 15/03/17	12.30pm to 2.30pm
Who's In Charge Follow up	Wednesday	tbc	12.30pm to 2.30pm
Healthy Relationships	Thursdays	Monthly	10am to 12pm
Thera-play	Thursdays	26/01/17	4.15pm to 5.15pm
Festival Fun Day	Thursday	24/08/17	12pm to 3pm

We currently operate a waiting list for most of our Courses and hope to run them again in April and September 2017. All Service Users must complete a Registration Form and come in for an Advice Appointment. This is to make sure we are offering the most suitable programme for you. Please call the Women's Centre to find out more - 01473 228270

WOMEN'S CENTRE NEWS



Creative Coffee Drop-in every Wednesday at 10am to 12pm

Come along and learn some new crafty skills over a cup of coffee or tea this autumn. There will be a different Craft each month.

SEPTEMBER — Patch Work

OCTOBER — Dressing Up Box

NOVEMBER — Decoupage/ Paper Mache

DECEMBER— Christmas Crafts

Party Time at the Centre

Christmas Party

Thursday 15th December 2016

4pm to 6pm

Join us for some festive fun and music, tombola, carols & snacks.

Every child will receive a gift so please book a place.

All women with children are welcome.



Lighthouse Choir coming soon

