

Course and Events Diary 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>	Mondays Monthly	1 Surgeries 3 Surgery	10am to 12pm varies
Money Advice Session <i>(please call the office to book a slot)</i>	Fridays (fortnightly)		9am to 3pm
Festival Fun Day	Thursday	24/08/17	12pm to 3pm
Wishes & Feeling	Tuesdays	22/08/17 and 29/08/17	10am to 1pm
Freedom Programmes	Mondays (summer) Tuesdays Wednesdays Thursdays	03/07/17 (Meet & Greet) 10/07/17 to 25/09/17 12/09/17 (Meet & Greet) 19/09/17 to 05/12/17 13/09/17 (Meet & Greet) 20/09/17 to 06/12/17 14/09/17 (Meet & Greet) 21/09/17 to 07/12/17	6pm to 5pm 6pm to 7.30pm 10am to 11am 10am to 11.30am 6pm to 7pm 6pm to 7.30pm 1pm to 2pm 1pm to 2.30pm
Stronger Families	Tuesdays	12/09/17 (Meet & Greet) 19/09/17 to 12/12/17	4.30pm to 5.30pm 4pm to 6pm
Escape the Trap	Thursdays	21/09/17 (Meet & Greet) 28/09/17 to 23/11/17	4.30pm to 5.30pm 4.30pm to 6pm
Self Esteem - morning	Fridays	06/10/17 to 01/12/17	10am to 11.30am
Self Esteem - evening	Mondays	02/10/17 to 27/11/17	6pm to 7.30pm
Who's in Charge	Wednesdays	27/09/17 to 22/11/17	12.30pm to 2.30pm
Who's In Charge Follow up	Wednesday	tbc	12.30pm to 2.30pm
Healthy Relationships	Thursdays	Tbc	10am to 12pm
Halloween Party	Tuesdays	31/10/17	4.30pm to 6pm
Christmas Party	Thursdays	14/12/17	4.30pm to 6pm

We currently operate a waiting list for most of our Courses and hope to run them again in January 2018. 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

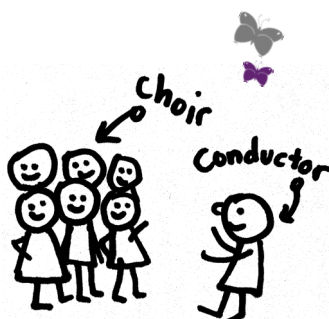
WOMEN'S CENTRE NEWS



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. There will be a different Craft each month.

Date	Activity
10th May	Canvas Bag Painting
17th May	Canvas Bag Painting
24th May	Glass Painting
31st May	<i>Half Term</i>
7th June	Glass Painting
14th June	Decoupage
21st June	Decoupage
28th June	TBA
5th July	TBA
12th July	TBA



Singing for Health and Happiness

Dates to be confirmed

We are hoping to run some taster sessions in the summer. Please call the centre for more information. We ask for a £1 donation for each session.

Smooth and Groove Yoga—Fridays at 2pm to 3pm from 12 May to 30th June 2017

Beginners are welcome. Please wear comfortable loose clothes and bring your own mat.



Festival Fun Day— Thursday 24th August 2017 at 12pm to 3pm

Don't forget to add the Festival Fun Day to your diaries.