

Derby Women's Centre is a resource for all women, over 18, in and around Derbyshire. DWC aims to improve the quality of life for women in Derbyshire. It has been operating for over 25 years and supports women from all backgrounds, ages and cultures.

DWC provide services such as counselling, support & advice sessions, pregnancy testing and a crèche.

Therapists work from the centre offering Reflexology, Relaxation & meditation, Reiki and Red Cross massage.

Projects and courses run regularly at DWC such as Confidence & Assertiveness Building, Stress & Anger Management, and Arts & Crafts. Please see centre fold for further information.

There is an NHS Fresh Start Advisor for Smoking cessation and a Legal Surgery which offers support & advice on an individual basis.

The Women's Centre offers opportunities for women who wish to volunteer at the centre and highly values the support from Volunteers.

THE DERBY WOMEN'S CENTRE CAN BE FOUND AT:

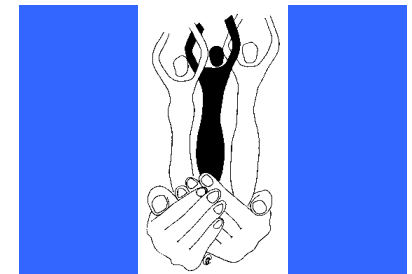
Leopold House
4 Leopold Street
Derby, DE1 2HE
Tel/Fax 01332 341633

Email:
derbywomenscentre@aol.com
www.derbywomenscentre.org.uk

Opening hours
Mon – Thurs 9.30am – 5pm
Fri 9.30am – 4pm



Patron Jo Brand
Derby Women's Centre is a registered charity
Reg. No. 700448



THE DERBY
WOMEN'S CENTRE

Improving the quality of life
for women in Derbyshire

Support sessions

Advice & information

Counselling

Projects

Courses

Therapies

Drop – in service

WHAT WOMEN SAY ABOUT DWC...

'I'm happy & confident to leave my child at the crèche, It has a lovely atmosphere'
Anon.

'After previous counselling came to an end I felt I needed continued support. I found that at the centre and it has been a great help to me.' Janet.

'DWC gave me a safe space when I needed it & answered my need when I just turned up on the doorstep.'
Anon.

'As a counsellor on placement at DWC I've had lots of support from the staff.'
Carol

Thank you all for your support this year during the most difficult year of my life. Without the women's centre I wouldn't like to think about how much worse it would have been for me.
Claire

'I have been hiring a room at DWC for over 3 years and have always found it a good resource and the staff helpful.'
Chylie

CURRENT COURSES & PROJECTS

- Coffee Morning Every Monday
10.00am – 12.00 noon.
Everyone Welcome!!
- Relaxation and Meditation
Mondays 1.30pm – 3.00pm
- Art Therapy Group
Tuesdays 10.00 am – 12.00
- Phoenix Group
Mental Health Support
Thursdays 1.00pm – 2.30pm

- Coffee and Crystals
Starting Tuesday 4th July
10.00am- 1.00pm
- Coffee and Beading
12th and 19th July 10.30am - 12.30
- Red Cross Massage. -
Please ring or call in for
appointment
- Other workshops running in July
Please ring centre for details.

- **THE COUNSELLING SERVICE** offers individual counselling with qualified & trainee counsellors. See Counselling leaflet for further information. DONATION
- **SUPPORT SESSIONS** are available on a one off basis for help with general information & advice and/or crisis support. DONATION
- **PREGNANCY TESTING SERVICE** is available Tuesday 10-12pm, Wednesday 12.30-2.30pm and Thursday 9.30 – 11.00am DONATION
- **THE CRECHE** is available usually between 10.00 & 12 noon. Please book in advance. DONATION
- **AN NHS Fresh Start advisor** offers independent support to help you stop smoking. For further information and appointments ring 01332 208077 FREE
- **LEGAL SURGERY.** Individual legal advice on divorce, injunction and matters concerning children. Every Wednesday. Please book for an appointment FREE