



£10

Pays for 2 women to
attend a workshop or
group session



Scan this QR code to become a Well Women Centre member

For just £10 per year, you can help support women in our community, and gain access to all the benefits of membership.

Your contribution makes a real difference!

Volunteering

Volunteers play an integral part both in the management and delivery of all our Well Women Centre services.

Without the ongoing support of our dedicated team of volunteers, we would not be able to offer our services in the same way. We are always seeking out new volunteers who can support us both with the day-to-day work of the charity and support our continued growth and development.

Opportunities are available in...

• Complementary Therapies • Counselling • Trustee Roles

Counselling Office are at 24 Trinity Church Gate Wakefield WF1 1TX

Casework Offices are at 8-10 Wood Street, Wakefield WF1 1TX
01924 211114

info@wellwomenwakefield.org.uk www.wellwomenwakefield.org.uk

To help you get the most out of our services our centre is a child free environment



well women
centre

Est 1985

Celebrating 40 years

For women, by women...



Welcome

Established in 1985, we are a charity providing support and wellbeing services to the women in the Wakefield District.

Our women only services are delivered either from our women only centre at Trinity Church Gate or within one of our designated outreach venues across the district.

After an initial interview and confidential one-to-one discussion about your personal needs, we will help you to select which of our services would be of most benefit.

Our Services

Counselling

Counselling offers a weekly time and space to help you to explore your difficulties in a safe, private and confidential environment. This may be helpful in freeing you up to talk more openly and honestly than is sometimes possible with friends and family.

Counselling can help you to understand yourself and your experiences more, which in turn can help in your relationships with yourself and other people. It can help you work out what changes you would like to make in your life, explore your options and face obstacle's.

Courses

Our courses provide an opportunity for women to meet and support one another in a safe, confidential space. Courses use a number of ways to support women who attend, including, having the time for self-reflection, group discussion and opportunities to explore strategies.



Groups

Our groups enable women to support each other and receive support from our centre in a safe environment. Here, women have the opportunity to come together and take part in a range of social, creative or issue specific activities.



Casework

Our caseworkers specialise in supporting women who have been subjected to abuse and trauma, and need help with their immediate practical and emotional needs. We offer specialist culturally sensitive support for women from all ethnic minorities and women of colour.

Complementary Therapies

The Well Women Centre offers a range of complementary therapies. All therapies work holistically to treat the whole person – emotionally, mentally and physically – rather than concentrating on a single symptom.

To access any of our services you need to be registered and have completed an assessment. Please call during one of our telephone registration sessions to register and book your telephone assessment.

Telephone registration times are:
Mondays from 5pm to 7.30pm and
Fridays from 10am to 12.30pm.
(except Bank Holidays)