

## Women's Service Activities

*Trinity Women's Service is led by appointments so please contact the team to arrange when to come in.*

### Mondays

#### **Trinity Women's Support Café - 10.30-12.00**

This will offer a relaxed and safe environment for women to come along to and enjoy free coffee, tea and cake in a relaxed atmosphere, and space to talk and just be.

#### **Counselling – 11.30 – 12.30**

There will be a regular counselling slot available offered by appointment only.

#### **Pattern Changing**

This will be offered to women once they have completed The Freedom Programme.

#### **Art 1:30 – 3:30**

A relaxed art group for women only

### Tuesdays

#### **The Freedom Programme – 10.30 – 12.00**

A 12 week rolling course for women who have been, or are, in abusive relationships. You can join the programme at any time.

#### **Counselling – 1.30 – 3.30**

There will be two regular slots by appointment only.

#### **I.T – 2-4pm**

Women only IT group

### Wednesdays

#### **Counselling**

There will be three regular slots available by appointment only.

#### **Walk and Talk**

To be introduced at a later date.