

Sunflower Women's Centre - Winter / Spring Timetable 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Centre Access	Only With	Appointment	Or if Attending	Groups
Morning Access Only With Appointment Or If Attending Groups (9.30 to 12.00)				
<p>Warrior Women 10am - 12pm (book)</p> <p>Bloom 10am - 12pm (drop in)</p>	<p>Freedom 10am - 12pm (drop in)</p> <p>Own My Life (Under 40s) 10am - 12pm (book)</p>	<p>Recovery Young Womens Outreach Group 10am - 2pm</p>	<p>Own My Life (Over 40s) 10am - 12pm (book)</p> <p>Flourish 10am - 12pm (drop in)</p> <p>Survive 10am - 12pm (book)</p> <p>PDAS (fortnightly by appt only)</p>	<p>Self Care 10am - 12pm (book)</p> <p>Heal 10am - 12pm (book)</p> <p>Arts & Crafts 10am - 12pm (drop in)</p>
<p>Self Care 12pm - 2pm (book)</p> <p>Make & Mend Sewing Group 1pm - 3pm (drop in)</p> <p>Own My Life (any) 1pm - 3pm (book)</p>	<p>Arts and Crafts 1pm - 2.30pm (drop in)</p>	<p>2pm - CLOSED FOR TEAM MEETING & TRAINING</p>	<p>Journaling 1pm - 3pm (drop in)</p> <p>Wildflower Women Leavers Group 1pm - 4pm (drop in)</p> <p>DWP Support (weekly)</p> <p>Shelter (Last Thursday of every month) 1pm - 3pm</p>	<p>Fun Friday Quiz, Boardgames, Karaoke, Scattergories 1pm - 3pm (drop in)</p> <p>Telephone - 01752 977614</p>