



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOLISTIC GROUP 10AM-12PM	FREEDOM – 10AM-12PM	DIAMOND ART 10AM-12.30PM	WORKSHOP FOR CRAFT PROJECTS 10AM-12.30PM
		BEAUTIFUL WOMEN BEAUTIFUL ME 10AM-12.30PM		
	WORKSHOP FOR CRAFT PROJECTS 10AM-12.30PM	COFFEE MORNING 10AM-12.30PM (NO BOOKING REQUIRED)	MY RELATIONSHIPS & ME 10AM-12PM	
MY RELATIONSHIPS & ME 12.30PM-2.30PM	FREEDOM 12.30PM-2.30PM	RECOVERY TOOLKIT 1.30PM-3.30PM	COFFEE AFTERNOON 12.30PM-3.30PM	
GAMES DAY 1.30PM-3.30PM				
BEAUTIFUL WOMEN BEAUTIFUL ME 1.30PM-3.30PM	WORKSHOP FOR CRAFT PROJECTS 1.00PM-3.30PM	DIAMOND ART 1.30PM-3.30PM	NO BOOKING REQUIRED	TIMETABLE FROM JUNE 2022

Gateway4Women, Lorne Street, Denton Holme, CARLISLE, CA2 5DU – Call 01228 212090 – Facebook – Gateway4WomenCarlisle.

This timetable is for groups only if you require a 1:1 please call the centre to book, if you are already registered please speak to your support worker. To access Gateway4Women you must have had a registration appointment. All groups/courses/1:1's/registrations must be booked prior to arrival, unless stated above.