

Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Craft and Coffee 10am – 4pm	Diamond Art 10am – 12pm (Booking Required)	Beautiful Women (Booking Required)	Craft and Coffee 10am – 4pm	Open for one-to-one appointments only (booking required)
	Holistic Sessions 1pm – 3pm (Booking Required)	Beautiful Women (Booking Required)	My Relationships 10am – 11.30pm (Booking Required)	
Open for one-to-one appointments (booking required)	Open for one-to-one appointments (booking required)	Open for one-to-one appointments (booking required)	Open for one-to-one appointments only (booking required)	

If you require a 1:1 or a specific structured group, please call the centre to book or speak to your specific support worker.

To access you must be registered with Gateway 4 Women. All groups, courses, registrations and 1:1's must be booked at reception or by calling 01228 212090.



GATEWAY 4 WOMEN

Everyone you meet is
fighting a battle
you know nothing about.
Be kind. Always.



Be the one who makes others
feel included



It only takes a split second to
smile and forget,
yet to someone that needed it,
it can last a lifetime



In a world where so many are
throwing bricks on others,
be the one who builds bridges
with them.

