

GET INVOLVED

Weekly Activities for Women | AUTUMN 2025

dolphin
women's
centre
empowering
women

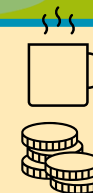


MONDAY

10.00am to 12 noon
10.00am to 1.30pm

Coffee Morning
Welfare Support

Drop in
Free/Book



TUESDAY

10.00am to 3.00pm

Information A&G

Free/Book



WEDNESDAY

10.00am to 12 noon

Employability Support

Free/Book



THURSDAY

9.30am to 3.00pm
10.00am to 12 noon

Benefit & Employability
Support
Health & Wellbeing
Activities

Free/Book
Free



BANK HOLIDAY MONDAY'S | Please note our activities will not take place.
www.nortonhall.org.uk/dolphin-womens-centre | 0121 326 8343

Norton Hall Children & Family Centre is a registered charity (no. 1112752) and a company limited by guarantee registered in England (no. 9668396).