

Kettering Women's Centre



**Welcome
to
KWC**

We offer judgement free support in a safe women only space.

Kettering Women's Centre is a friendly and supportive space where women can come together to learn, share, and grow. We understand that life can bring many challenges, and we're here to offer a helping hand in a warm, non-judgmental environment. Whether you're looking for emotional support, advice, or simply a place to connect with others, our doors are always open.

Tuesday - Friday

Pop in for a cuppa and a chat

Pop in for a warm drink, a friendly chat, and a listening ear. Our drop-in sessions offer a safe, welcoming space for women who need support, company, or simply a moment to relax — no appointment needed.

**10am - 2pm
Drop in
Sessions**

**Groups
&
Workshops**

We have a variety of groups & workshops available

Our groups and workshops are designed especially for women, offering a safe, supportive, and understanding space to grow and heal. Each session is gender-specific, trauma-informed, and person-centered. See over for more details.

We would love to welcome you!

5 Meadow Road, Kettering NN16 8TL

**Pop
In!!**

07518 268385



KWC@c2csocialaction.com

Our groups and workshops at a glance.

We're proud to offer a range of supportive programmes, some in partnership with other local experts, designed to help women prioritise their mental health, wellbeing, and safety. Whether you want to drop in for a chat, join a workshop, or take part in a structured group, there's something here for everyone.

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Craft sessions - no need to book - just pop in!

Our craft session can be adapted to your interests - just ask. Jigsaw puzzles, woolly crafts, positive painting, therapeutic colouring, butterfly art & more.

Healthy Cooking on a Budget - no need to book.

How to cook healthy budget friendly meals that won't break the bank - free lunch included!

ShineWoman - booking essential

Our 9 week women's empowerment group designed to help you realise your true value, develop inner strength and resilience. To give you hope for a bright future when you recognise that your life has purpose.

CARE - booking essential

Connect, Action, Relax, Eat - C.A.R.E. is a five-week wellbeing programme designed to support your physical and mental health, helping you rebuild confidence, stability, and resilience in small, manageable steps.

Healing Trauma - booking essential

An intimate, safe, supportive closed group five week programme where you will learn about the effects of trauma and discover tools to help your recovery..

In partnership with Eve Domestic Abuse Service

- **Eve 2 Eve** - Various workshops available during drop in - no need to book
- **Own My Life** - 12 week group - recognise the signs of domestic abuse - booking essential
- **Stay Free** - 21 week group - how to keep your freedom after abusive relationships - booking essential

In partnership with Mind

We Women Matter - no need to book

A four week rolling programme designed to support your mental health. It's a safe space where you can connect with other women facing similar challenges.

We often have other workshops provided by visiting agencies - you'll see these on our timetable.

For more information and to book: Pop in, phone or email