



**Luton All  
Women's Centre**  
Run by Women for Women

# COUNSELLING SERVICE

**Luton All Women's Centre**



## Luton All Women's Centre

**We are a supportive, confidential and safe counselling service**

Face to Face • One to One • Weekly Sessions

• Female counsellors at a minimal cost

To build and empower self-esteem and confidence

**To find out more about this service visit the  
centre or call us on 01582 416783**

### Drop-in:

### Appointments:

- One-to-One Support
- Freedom Programmes
- Counselling
- Domestic Abuse Support
- Support Groups
- Forced Marriage/Honour-based Violence Service
- Arts and Crafts, Sewing and Adult Education
- And much, much more!

**Mon – Fri 9:30am – 12:00pm**

**Mon – Fri 12:00pm – 4:00pm**

- Advice and Advocacy
- Coffee Mornings
- Parenting Support/Triple P Parenting
- Holistic Therapies
- Volunteering Opportunities

### Luton All Women's Centre

The Spires, Suite 2  
Adelaide Street, Luton  
Bedfordshire LU1 5BB

t: **01582 416783**

[www.lutonallwomenscentre.org.uk](http://www.lutonallwomenscentre.org.uk)



Ministry of  
**JUSTICE**

