



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

# FREEDOM

**Luton All Women's Centre**



## 12-Week Centre-Based & Outreach Programme Available

To provide an opportunity for women to develop ways of thinking and acting to protect themselves, their children and others from harm; in a safe group environment.

**If you are interested in attending please drop in to 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**

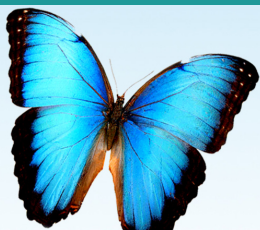
- Advice and Advocacy
- Coffee Mornings
- Parenting Support/Triple P Parenting
- Holistic Therapies
- Volunteering Opportunities

**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**

