



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

OUR LIVES HUMAARI ZINDAGI

Luton All Women's Centre



Luton All Women's Centre

A group that offers a safe and confidential environment to discuss the every day to day experiences and challenges in the lives of South Asian women.

Delivered in 2 main South Asian languages, it encourages women to fully express themselves and engage with relevant topics of discussion, as well as meeting other women.

**To find out the venues and times for this group
please contact the Luton All Women's Centre**

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



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JUSTICE

