

Programme delivery during COVID

Monday	Yoga online community Yoga live via zoom at 5.30pm
Tuesday	Yoga online community 1pm Baby Massage
Wednesday	Yoga online community 1pm Mummy catch up
Thursday	Yoga Online Community
Friday	Yoga online community 11am "Crèche children" catch up

Our staff team are all working remotely and are committed to ensure all our service users can access:

- Telephone support
- Community Meals
- Digital support
- Counselling and Therapy
- Emergency Grocery Provision
- Glasgow Help Hub
- Domestic Abuse assistance
- Services available in our area
- Local community agencies

Our counselling/therapy sessions are still running via zoom and telephone. Please send all referrals to our info@thewomenscentreglasgow.org.uk and our Counselling Co-ordinator will call you back.