

PRACTICAL INFORMATION AND ADVICE

Our in-house Link Worker provides information and signposting to appropriate organisations on issues such as housing, benefits, education and immigration.

REFLECTIVE SESSIONS

Providing women who are members of staff or volunteers with a safe space where they can learn about the emotional and psychological impact of their work, explore their own responses to the loss and trauma that they face in their work, and identify how more supportive structures can be developed in their places of work.

ACCESSING THE SERVICE

Any woman may refer herself by email. We have disabled access, and a friendly, welcoming centre. All sessions are confidential.

FOR MORE INFORMATION

Call
020 7263 7860

Email
enquiries@womenstherapycentre.co.uk

Visit
www.womenstherapycentre.co.uk

DONATIONS

WTC is proud to be celebrating 40 years of therapy to women. Please make a donation to continue this vital work at:

**campaign.justgiving.com/
charity/womenstherapycentre/
anniversary-campaign-40**

Thank you.

HOW TO FIND US

10 Manor Gardens
London N7 6JS

Underground Station
Holloway Rd or Finsbury Park

Overground Stations
Upper Holloway or Finsbury Park

Buses
17, 43, 271, 263, 259, 279, 91, 29

Parking
Disabled parking only with
blue badge displayed

Accessibility
Wheelchair access and
disabled toilets available

Registered in England No. 1435901
Registered Charity No. 274520

WOMEN'S THERAPY CENTRE

10 Manor Gardens
London N7 6JS

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THE WOMEN'S THERAPY CENTRE

RUN BY WOMEN FOR WOMEN

The Centre has a particular commitment to offering Individual and Group psychotherapy to women whose needs might not be met elsewhere for issues such as gender violence, domestic violence, trafficking, domestic slavery, forced marriage, FGM, honour based violence, disabilities and long term medical conditions, suicide and self-harm, anxiety and depression.

ACCESS TO THERAPY FOR WOMEN

Therapy can have a positive impact on the lives of women refugees and asylum seekers, but they face serious barriers when trying to access it. The Women's Therapy Centre has a successful community based model to facilitate access to psychotherapy.

INFORMATION AND EXPLORING THERAPY SESSIONS

These sessions give women the opportunity to explore feelings and fears about using mental health services, and to offer some insight into psychoanalytic psychotherapy and the benefits of such therapy.

GROUP AND INDIVIDUAL PSYCHOTHERAPY

Psychotherapy sets out to understand the underlying causes of a wide range of difficulties, which may sometimes be linked to a particular experience. The therapy is provided in a women only setting.

PSYCHO-EDUCATION GROUPS

A psycho-educational group is a specific type of group therapy that focuses on addressing the client's difficulties and ways of coping. Psycho-educational groups consist of members that all share similar difficulties. The psycho-education tends to focus on coping with specific difficulties but also the client's own strengths, resources and coping skills in order to contribute to their own health and wellness on a long-term basis.