



TrinityWinchester

Trinity Women's Centre

Domestic abuse
Insecure housing
Mental health problems
Childhood abuse
Homelessness
Ill-health
Poverty
Eating disorders
Substance use
Alcohol
Parenting difficulties
Isolation

There are all sort of reasons – usually more than one – why women might need us.

Opened in April 2006 in central Winchester to support vulnerable, isolated and disadvantaged women in the area, Trinity Women's Centre aims to:

- Provide a safe environment where women will be listened to
- Offer women the opportunity to explore new ways of dealing with the issues they face
- Support and facilitate positive change

The Centre offers:

- Support
- Crisis intervention
- Counselling
- Alternative therapies
- Life skills courses
- Groups (eg eating disorders)
- Addiction therapy
- Art classes
- Computer training
- Parenting courses
- Referrals
- Cooking and nutrition classes

Trinity Winchester is grateful to the funding bodies which have enabled us to open the Women's Centre. The challenge is to establish stable long-term funding for the Centre.