



**Heal.
Grow.
Thrive.**

Affordable counselling, holistic body therapies and community classes in a safe, welcoming space in Camden.



Low Cost Counselling

Talking therapy sessions, with medium or long term options, weekly at our friendly centre.



Body Therapies

Massage, reflexology, acupuncture, shiatsu, energy healing, and many more.



Groups & Workshops

Guided meditation, yoga, crafting, women's circle, gardening at low cost (or even free).

Full timetable and prices on our website.

Our services are mostly women only, but we also have slots for men on Mon and Thurs 5-9pm. Please ask us.

**27–30 Cheriton, Queens Crescent
Camden, London NW5 4EZ**

Open Mon–Thu, 10am–9pm

0207 482 2786

connect@women-and-health.org



Our website