

# Eaves' Scarlet Centre

## January- March 2010 Events Timetable

The Scarlet Centre is a vibrant new advice, support and learning centre for women, based in London.

### How to find us



Eaves' Scarlet Centre is on the corner of Brixton Road and Camberwell New Road.

Look for the large white wind turbines on poles. Go through the gates and up the stairs (or use the outdoor lift) to the glass fronted building.

Once inside go up the spiral stairs to the top (floor 3 in the lift), go through the double doors on your left and walk straight ahead. Turn right at the corridor junction and follow it to the end – Room 3.12.

### Drop in

Come along and talk to one of our advisors about domestic violence, prostitution, rape and sexual abuse, drugs and alcohol, benefits and housing, or just use the computers, printers, books and phones. Open Tuesday to Friday 10-5 and Saturday 10 - 3:30. Specialist young women's drop-in (ages 16-24) available on Tuesday and Thursday.

### Counselling

One to one or group counselling for women affected by violence, abuse, drug and alcohol problems, and emotional issues. Afternoons and evenings every weekday, by appointment. Please call to make a referral.

### Domestic Violence Support Group

Support group for women who would like to address their experiences of domestic violence. This group will meet once a month on a Tuesday morning for 6 months. Please call 0207 840 7142 to book an individual assessment with the group facilitator.

### Drug & Alcohol Support Group

Support group for women affected by drug or alcohol issues. For more details on how to refer or attend please contact the resettlement service on 020 7793 9521 or the advice centre 020 7840 7142

### Yoga and Meditation

Need some inner calm? Why not try our yoga sessions? They're suitable for complete beginners, or those who have done some yoga before. Wear loose clothes and prepare to feel stretched and relaxed. Wednesdays 12:00 – 1:15.

### Amina Scheme

Amina is a support and befriending service for women who are living with experiences of rape, sexual assault or sexual abuse. It pairs women with specially trained volunteers who have been through similar experiences and offers low level, informal, friendly support.

## Complementary Therapies

Twice a month we offer complementary therapy sessions for women who have experienced violence or abuse. Call to book an Indian head massage, body massage, acupressure, or aromatherapy session with our highly trained and experienced therapist.

## The Scarlet Centre January – March 2010 Courses and Events

The Scarlet Centre runs courses and events every week. All courses are free and open to women who live and work in London. These courses are not for training staff but for supporting women. Sessions marked with an asterisk (\*) may be limited by age or location. Give us a call on 020 7840 7142 to book a place.

### Wednesday 13<sup>th</sup> Jan '10

2.00 - 4.00 pm

### Viewing an Offer & Moving in (age 18+ yrs)

Learn about different types of accommodation offers. What to expect and what NOT to put up with. Handy hints and tips about moving and settling into your property.

### Tuesday 19<sup>th</sup> Jan '10

11am – 1pm

### Mental Health Awareness 1 (18+ yrs)

Exploring facts, figures, warning signs, symptoms, causes and triggers of depression, suicide and anxiety as well as identifying sources of further support.

### Wednesday 27<sup>th</sup> Jan '10

2:00 – 3:30 pm

### Bills and Utilities (16+ yrs)\*

Gain knowledge, skills and money saving tips regarding bills and utilities once managing a tenancy.

### Thursday 28<sup>th</sup> Jan '10

11am – 1pm

### Basic Parenting Skills (18+ yrs)

Looking at some basic parenting techniques such as positive reinforcement and therapeutic play.

### February - dates TBC

### Drama Therapy Taster (18+ yrs)

Learn how to use story-telling and movement to help you in this short series of drama workshops for women affected by rape, sexual assault and abuse. Call now if you're interested!

### Monday 1<sup>st</sup> Feb '10

2.00 – 4.00 pm

### Keeping Safe (18+ yrs)

Safety advice for women involved in prostitution. Tips and strategies to protect your personal safety.

### Tuesday 2<sup>nd</sup> Feb '10

11am – 1pm

### Mental Health Awareness 2 (18+ yrs)

Exploring facts, figures, warning signs, symptoms, causes and triggers of personality disorder and psychosis as well as identifying sources of further support.

### Thursday 4<sup>th</sup> Feb '10

10am- 4pm

### Employment & Training DAY (16+ yrs)

Unmotivated? Unsure what you want to do with your life?

Want to get back into education but not sure how? Want to pursue a career but not sure which qualifications you need? Does this sound like you? Then come join us for workshops on CV writing and interview skills, guest speakers, and a raffle prize draw!!

**Tuesday 9<sup>th</sup> Feb '10**

11am – 2pm

**Anger Management (18+ yrs)**

Looking at triggers to anger and identifying anger buttons and how we can manage anger.

**Wednesday 10<sup>th</sup> Feb '10**

2:00 – 3:30 p.m.

**Avoiding and Managing Debt (16+ yrs)\***

Gain skills, knowledge and confidence in dealing with debt, and debt avoidance strategies.

**Tuesday 16<sup>th</sup> Feb '10**

11am – 1pm

**Assertiveness Skills (18+ yrs)**

Learn how to recognise and avoid passive and aggressive behaviour, and gain skills in how to be more assertive in life.

**Tuesday 23<sup>rd</sup> Feb '10**

11am – 1pm

**Basic Drug & Alcohol Awareness (18+ yrs)**

Information and advice around drugs and alcohol, the effects, harm minimisation and to get support for you or someone else.

**Wednesday 24<sup>th</sup> Feb '10**

2.00 – 3.30 p.m.

**Dealing with Rent and Managing Rent Arrears (18+ yrs)**

Have you got rent arrears? Learn how to manage your rent and what to do if you have rent arrears.

**Monday 1<sup>st</sup> March '10**

2pm – 4pm

**Healthy Eating & Nutrition (18+ yrs.)**

Advice and information on healthy eating and nutrition that can be implemented into everyday life.

**Wednesday 10<sup>th</sup> March '10**

2:00 – 3:30 p.m.

**Introduction to Welfare Benefits (16+ yrs)\***

Gain awareness of the type of welfare benefits YOU can claim, and become more confident in dealing with benefit problems.

**Wednesday 17<sup>th</sup> March '10**

2:00- 3:30 p.m.

**Young Women's Health (16-24 yrs)\***

Come join us for a relaxed but informative workshop around the different aspects of your health—including sexual health, emotional/mental health and nutrition/healthy eating. Gain awareness of the services available exclusively to you as well as at-home/self-help techniques.

**Wednesday 24<sup>th</sup> March '10**

2:00 - 3:30 p.m.

**Communicating with Confidence (ages 16+ yrs)\***

Got something you want to say? Not sure if you can make people listen? Then come along to this confidence building session.

**YOGA Class**

**EVERY WEDNESDAY 12.00 – 1.15 p.m.**

**Call to book your place!**