

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 Saturday 10 - 1 and 2 - 5. Specialist young women's drop-in (ages 16-24) 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.

Drug & Alcohol Support Group

Group meets the first Friday of every month. 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 Every Wednesday 12.00 – 1.15 pm

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 from 30th September, 12:00 – 1:15

Complementary Therapies

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

See overleaf for a list of all our sessions this season

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, but 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 13th 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 19th 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 27th Jan '10

2:00 – 3:30 pm

Bills and utilities (18 + yrs)

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

Thursday 28th Jan '10

11am – 1pm

Basic Parenting Skills (18 + yrs)

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

Monday 1st 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 2nd 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.

Tuesday 9th Feb '10

11am – 2pm

Anger Management (18 + yrs)

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

Wednesday 10th Feb '10

2:00 – 3:30 p.m.

Avoiding and managing debt (18 + yrs)

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

Tuesday 16th Feb '10

11am – 1pm

Assertiveness Training (18 + yrs)

Gain skills in how to be more assertive in life.

Tuesday 23rd 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.

* Access to this session is limited by borough or age, please call for more details

Wednesday 24th 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.

Tuesday 2nd March '10
11am – 1pm

Healthy Eating & Nutrition (18 + yrs.)

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

Wednesday 10th March '10
2.00 – 3.30 p.m.

Introduction to welfare benefits (18 + yrs)

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

Wednesday 24th March '10
12:00 - 1:15 p.m.

Communicating with confidence (ages 18 + 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!**