



**MISSION**

'We are committed to the empowerment of all women. Women working with women to brighten their present and determine their own futures'

**MORE INFORMATION**

Please contact us for more information including:  
How to receive free mailing from us with latest publicity/activities  
How to become a member of HER CENTRE or Executive Member of HER CENTRE

**RECEPTION, INFORMATION & SUPPORT**

**OPENING TIMES**

(telephone or personal visit) are:

**Monday & Tuesday 10am - 1pm Thursday & Friday 1pm - 4pm**

**You can request an appointment in a private room**

**Telephone/Minicom: 020 8317 4141 (Voice Mail Option 1)**



Reaching out ... **Reaching within** ... to enhance:

- Awareness
- Choice
- Control
- Empowerment
- Growth
- Fun
- Holistic Self
- Safety
- Living Skills
- Wisdom

to feel ... to be  
**CENTRED**

**HER CENTRE Ltd.**

(Formerly Greenwich Women's Centre)

**Telephone/Minicom: 020 8317 4141**

**45 Hare Street, Woolwich, SE18 6NE**

**email: info@hercentre.com fax: 020 8317 4592**



### OUTREACH SESSIONS

Talks and drop-in at various sites in the borough

### INTERNET & EMAIL ACCESS

Drop-in during our opening times

### COFFEE DISCUSSIONS

Alternative months  
Sharing fun space – a range of topics/ talks along with relaxation & pampering

### DOMESTIC VIOLENCE ADVOCACY SUPPORT

#### PROVIDED BY HER CENTRE

Specialist one to one support, appointments, safety planning, information and advice on welfare benefits, domestic violence and legal options, advocacy, liaison with appropriate agencies including the Police & Crown Prosecution Services, Housing, ensuring appropriate referrals and & more. Service includes a new advocacy escorting service.

**Need someone to accompany you to:**  
Court? Solicitors appointment?  
Hospital / Doctors? Anywhere else?  
**Specialist domestic violence staff can really help**

### CONFIDENCE BUILDING

.....my journey my life my choice

find your strengths & build your confidence in a safe & stimulating environment in which you can learn & be supported.  
Want to develop your skills? Want to return to work?

#### Spring & Summer Workshops Every Friday 10-1pm

- 26th May** Who Am I?
- 2nd June** Dealing with Anger
- 9th June** Dealing with Fear
- 16th June** Dealing with Guilt
- 23rd June** Assertive Behaviour
- 30th June** Effective Communication
- 7th July** Responsibility & Self Management
- 14th July** Thinking Positively & Embracing Fun
- 21st July** Mapping New Directions
- 28th July** Moving Words

Attendance on all 10 workshops is recommended

You can book on 1 or more workshops if unable to take up all 10 weeks

#### FREE CRECHE

Book in advance for workshops & any specific requirements

#### Find out MORE about:

- Themed Workshops • September/October Workshops
- Self Development Workshops

### ADVOCACY/ SUPPORT SERVICE

Confidential one-to-one appointments & specialist domestic violence advocacy

### PARENTING TRAINING

Training Manuals for local organisations ...aiding delivery of parenting programmes...

#### FREE

Folders available from September 2006

### FORM FILLING

Help provided with completing basic benefit forms

### ARTS & CRAFT WORKSHOPS

Alternative months  
Creative fun tasters – like glass painting, greeting cards, flower arranging & more

### APPOINTMENTS

We provide confidential private one to one appointments providing support, information, options, help and liaison with appropriate agencies covering a wide range of areas such as: Social Welfare Rights Issues, Domestic Violence, Other Forms of Abuse, Health, etc.

**What do you need help with?**  
**Private room/s available**

### CAPACITY BUILDING

We want to share our expertise with other women's groups/organisations particularly minority black & ethnic groups/organisations

Would you like help with any, or all, of the following?  
• Budgeting • Financial Systems  
• Producing reports for Finance Meetings  
• Personnel • Proforma  
• Special Needs

### OTHER SERVICES

#### + Dynamic Potential Developments:

#### A Seminar on The Menopause

Friday 2nd June 06 (11-12.30)

#### Seaside Trip

Saturday 1st July 06

- Parenting Skills • Speakeasy Training • Trainer Training • Basic Computer Skills Training • Counselling • Volunteers Project
- Seminars/Workshops • Events • Trips
- Partnership working
- & MORE**

### 'WHAT I WANT' FORMS & FREE MAILING LIST

Tell us what YOU want. Just complete & return a simple form. Receive our latest publicity free in the post!

### SOCIO-EDUCATIONAL PROGRAMME

#### Self Development with supportive therapeutic aspects:

Our quality support groups and training programmes help the process for self-expression and personal growth. Explore your own unique strengths and creativity whilst learning in a safe space. No previous experience of group work necessary. The theme throughout encompasses 'socio-educational support with therapeutic aspects'.

Group work can be a powerful and positive experience, challenges isolation and self blame whilst building confidence. There is identification of some common issues for women and determination for positive change in self/others.

### DOMESTIC VIOLENCE SUPPORT GROUP

Support Group for women who have experienced or are experiencing domestic violence. Meet other women in safe, welcoming and supportive environment

#### BE HEARD

- A facilitated supportive space to help explore options / identify positive steps
- Understand about domestic violence issues & much more
- Begin or continue to heal from the effects of abuse
- Be amongst other women that understand
- Be part of an empowering process

**Did you know? Domestic Violence includes any one or more of the following forms of abuse: Emotional, Mental, Sexual, Physical, Psychological, Financial & Imposed Isolation**

### SUPPORT GROUP FOR WOMEN SURVIVORS

(of Childhood Sexual Abuse)

Share experiences & feelings in a safe space  
Start or continue your healing process  
Combat isolation & break the silence  
Be with women that understand  
Affirm strengths & hopes & more

### CELEBRATING SURVIVORS SELF DEVELOPMENT WORKSHOPS

Engage in a safe process which supports and enables you to express yourself, learn, share, take risks + reach your potential

#### Unleash Your Creativity • Embrace & Celebrate You!

Aids the process for personal change and growth

An empowering programme which enhances confidence  
Advance bookings, priority system applies – find out more

### CONFIDENCE BUILDING

#### Themed Workshops

- Dealing with Anger** Workshops 1, 2 and 3
- Dealing with Fear** Workshops 1, 2 and 3
- Dealing with Guilt** Workshops 1, 2 and 3

For any one theme booked you must attend all 3 workshops (Closed workshops – find out more!)

### SPEAKEASY TRAINING

Talking with ease about Sexual Health & Relationships  
**Great learning + fun**

Reaching out to women – Empowerment Programme. Our specialist support groups and training help the process for personal change and growth

All Services are FREE! Advance bookings for Group Work, Workshops and Training. Limited spaces. Book your place quick!