



# Blackburn

## CENTRE COURSES JAN - MAR 2010

### CONFIDENCE THROUGH CRAFTS

Monday 18th January 10am - 12noon  
for 8 weeks \*Fees £45.60

The course is designed to build the learners confidence through learning new skills and achieving small goals each week, these skills and achievements build into a portfolio of abilities allowing the learners to confidently make a piece of jewellery that will see their self-esteem sore when they wear it!

### CREATIVE ASIAN CRAFTS

Monday 18th January 1pm - 3pm  
for 8 weeks (Crèche) \*Fees £45.60

An opportunity to extend your skills in the art of traditional henna painting, hand embroidery, beading & textiles.

### MOVING ON WITH CONFIDENCE

Tuesday 19th January 10.00am - 12noon  
for 8 weeks (Crèche) \*Fees £45.60

This is the next step in building your confidence looking at where you are now, where you will go from here and how to maintain the changes you've made. **For those who have already completed a first-steps course.**

### STUDY SKILLS

Tuesday 26th January 1.00pm - 3.00pm  
for 5 weeks (FREE)

This 5 week course will be tailored to meet individual needs and would suit anyone needing a helping hand with literacy and numeracy. It will give insight in to further training, education and employment possibilities and also provide helpful tips on using libraries, the internet and other research methods.

**\*Courses are free if in receipt of means tested benefits.**

Our Crèche is for pre-school children only. Places should be booked in advance and a £5 payment is required at time of booking.

### WRITING FOR FUN

Wednesday 20th January 10am - 12noon  
for 8 weeks \*Fees £45.60

The course will offer beginning and developing writers opportunities to explore how language can be used to transform everyday experiences into entertaining or intriguing stories or poetry.

### WORKING WITH CONFIDENCE

Wednesday 27th January 6.00pm - 8.00pm  
for 6 weeks \*Fees £48.50

Do you lack confidence at work? Then this course is for you! Discover what confidence would mean to you in your role, learn to communicate more confidently and try other techniques that will help you to move on with confidence. The course will be tailored around your needs, so why not come along and start working on the new you!

### TRAINING FOR VOLUNTEERS

Thursday 21st January 9.30am - 12noon for 8 weeks (FREE)

An exciting opportunity to train for voluntary work at The Women's Centre in Blackburn or Accrington.

**(Pre course interview essential, send for a pack now).**

### READY, STEADY, GO

Thursday 21st January 1.00pm - 3.00pm  
for 8 weeks (Crèche) (FREE)

Are you out of work and want to work? Do you want to make changes? A chance to make positive changes in your life. The course includes confidence building, overcoming barriers, managing your finances, exploring training & career options, job search & interview skills, plus much more.

### LEVEL 2 CERTIFICATE IN COUNSELLING SKILLS

Thursday 14th January 6pm - 9pm  
for 22 weeks + 4 Saturdays

**\*Fees £256.50 + Accreditation Fees of £116.00**

This qualification is for learners who want to develop counselling skills to help and support others, either in a voluntary or employed capacity. It will not teach you to be a counsellors, but it will give you useful skills which they can use in a variety of roles and may help you decide whether or not they want to train as a counsellor.

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*Support, Encourage, Enable*

