

Eaves' Life Skills Service

Eaves' Life Skills service is a pan London advice and advocacy service for women who are affected by violence and are at risk of or experiencing homelessness.

The service offers support and advice around housing options, accessing benefits and other services such as health, education, training and employment. We also offer interactive and relaxed group workshops to improve women's independent living skills and health and wellbeing.

Areas covered include:

- Self esteem and confidence building;
- Budgeting;
- Healthy relationships;
- The private rented sector explained;
- Job application support and interview skills, and
- Holistic workshops such as yoga and massage.

Accessing the service

Women can refer themselves to the service or be referred by an agency. Call us on: 0207 735 2062.

Email: lifeskills@eavesforwomen.org.uk

We offer telephone advice, one to one appointments and a housing advice drop in service every Tuesday from 10am– 12.30pm and 1.30pm – 4.30pm.



About Eaves

Eaves' mission is to expose and address violence against women and girls in the UK. Eaves has specialisms in the areas of trafficking, prostitution exiting, and sexual violence. Within each area of work Eaves provides frontline support and advocacy as well as undertaking lobbying and campaigning.

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