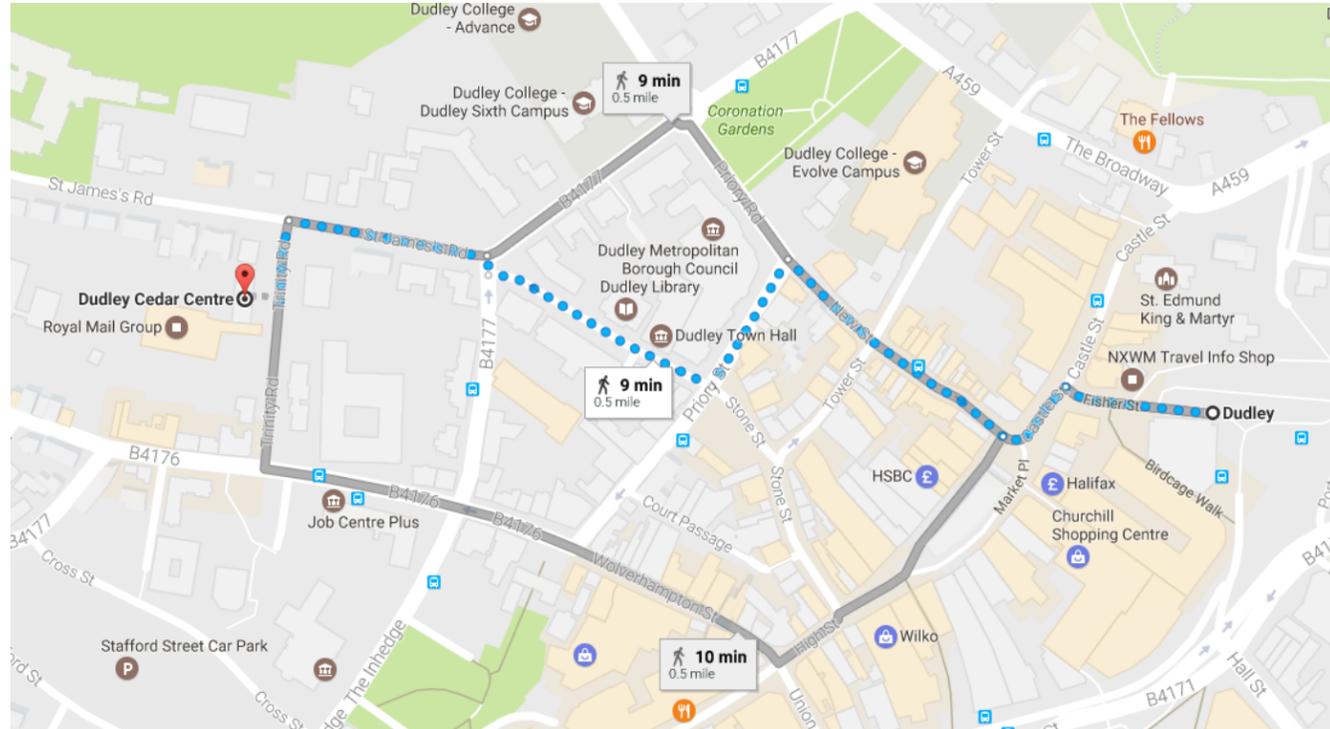


## Directions from Dudley Bus Station 9 Mins Walk



The Cedar Centre is located within St James House, the picture below is of how it looks from the street. Go through the double doors, and our buzzer is located on the right.

There is on street parking along Trinity Road if you are arriving by car.

If using a smart phone, we are listed on Google Maps as:  
[Dudley Cedar Centre](#)



# Mariposa Project



Mariposa is a specialist project for women who have offended. It is run by BCWA, a regional charity which supports women with a variety of needs across the Black Country and Birmingham. We run a number of programmes designed to help women improve their lives and avoid offending in the future.

Your Probation Practitioner will refer you to Mariposa and tell us what programmes you need to complete as part of your Order. You will attend your programme at one of our centres in Sandwell, Dudley, or Birmingham.

Your first session at Mariposa will be one-to-one, where you will meet your key-worker. You will be able to see where the programmes take place and discuss any fears or concerns you may have about starting a programme in a group environment. We will also discuss your learning style and any learning needs you have so we can make sure that you feel comfortable.

## Dudley Cedar Centre

St James House,  
Trinity Road,  
Dudley  
DY1 1JB

Tel: 01384 455411



The Cedar Centre  
Dudley

### Our Centres

Mariposa works from centres in Sandwell, Dudley, and Birmingham, called Cedar Centres.

The Cedar Centres house a number of services for women helping them to avoid offending and recover from issues such as domestic abuse, sexual abuse and exploitation.

Each Centre is a safe, welcoming space staffed by friendly, specialist female workers.



Staffordshire &  
West Midlands  
Community Rehabilitation Company



## What our clients feel about their Mariposa experience

Upon successful completion of one of our programmes, clients are asked to complete a questionnaire based on their experience at the Cedar Centre. Below are a handful of comments from our clients.



## Our Programmes

### Changes

#### 5 sessions

This programme supports you to identify and move towards the life you want. It looks at: self-esteem and confidence; optimism; building supportive relationships; dealing with problems; communication and assertiveness; and aspirations.

### Healthy Relationships

#### 5 sessions

This programme focusses on relationships, what is and isn't healthy, and building supportive relationships in the future.

### Healthy Emotions

#### 5 sessions

This programme looks at wellbeing and emotional health, and aims to help identify and take control of emotions. We will look at: relaxation; managing anxiety and taking care of yourself by sleeping and eating well; and techniques which are proven to support wellbeing.

### Parenting

#### 5 sessions

The Parenting Programme aims to help you to understand and tune into your child's needs and feelings, understand developmental needs; and communicate positively.

## Facilities at our Dudley Cedar centre

We aim to make our Centre's as comfortable and inviting as possible. Please see below pictures of our Dudley Cedar Centre

### One to One Rooms



### Group Work Room

