

# New Futures 2021

## Employability Programme

*"New Futures taught me to speak a new language to myself"*

- New Futures Participant 2020



### Are you parenting alone and thinking about returning to work or education?

The New Futures Employability Programme may be for you. We understand the challenges lone parents face when returning to work or education. New Futures is for women parenting alone who are not currently working. It is a free part-time programme accredited at QQI Level 4 in Personal & Interpersonal Development and Career Planning. New Futures is delivered online and is now available across Ireland.

### How to apply

New Futures starts in September 2021 for the academic year. We are **accepting applications** now and places are limited. If you are interested in participating and would like to know more, please contact the Project Co-ordinator, Niamh Wynne at [nwynne@onefamily.ie](mailto:nwynne@onefamily.ie) or call on **01 662 9212**.

### Participants will:

- Make connections with parents in similar situations.
- Increase confidence and self-esteem.
- Learn how to balance work, education and family life.
- Be challenged and inspired to create a new future.
- Improve CV and interview skills.
- Explore careers and education courses and how to access them.

Participants engage two mornings per week in online facilitated classes via Zoom and also engage in two hours per week of self-directed online learning. No classes take place during school holidays.

### Wrap-around supports include:

- One to one support with a designated key worker.
- Counselling support.
- Parent Mentoring support.
- Access to online parenting programmes.
- Small subsidy for technical items.



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