

NEW FUTURES

EMPLOYABILITY PROGRAMME

Are you a **lone parent** & want to
return to **work** or **education**?

Join our
FREE ONLINE courses
starting **January 2025**.



WHAT TO EXPECT



PERSONAL DEVELOPMENT

Focus on personal growth and building self-confidence. Topics include communication skills, stress management, and goal setting.



EMPLOYMENT SKILLS

Develop job-seeking skills by creating and updating CVs, preparing for interviews, and accessing job opportunities.



WRAPAROUND SUPPORT

Regular one-to-one sessions with a support worker. Individual action plan to identify your goals. Live group work with other lone parents. Parent mentoring. Laptop loan available.

LEARN MORE

Contact Niamh



programmes@onefamily.ie



01 662 9212

WHAT OUR LEARNERS SAY

"Since completing the programme, I've experienced a tremendous transformation in my personal and professional life. Not only have I acquired new skills and knowledge, but I have also gained a renewed sense of confidence and self-belief." - Caroline, 2023