

One Family New Futures Programme



A Career Planning and Support Programme for Lone Parents

'I finally have some clarity about my possible future and know if I stay motivated I can achieve my goals' – past participant

Starting in January 2010, One Family is running New Futures. This is a five month training and support programme that includes a 14 week FETAC Level 4 course.

Join the New Futures programme and:

- Discover what jobs or courses suit you
- Become more confident
- Get the support and friendship from parents in the same situation as you
- Learn how to balance work and family life

As part of the programme the following are available:

- Childcare
- One to one support
- Information, counselling and parenting support

For further information please call Helen on 01– 6629212 or email: hconway@onefamily.ie



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“investing in your future”

The project is funded as part of the **Access to Employment Strand** of the Equality for Women Measure. We wish to acknowledge that funding for the project has been received from the Department of Justice, Equality and Law Reform and also the European Social Fund (ESF) through the Human Capital Investment Operational Programme 2007-2013.”

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