

## How to apply . . .

# To find out more about the SHAPING **YOUR** FUTURE

programme and to book a place,  
please contact:

Ailbhe Smyth  
(asmith@oneparent.ie)  
or

Freda Keeshan  
(fkeeshan@oneparent.ie)

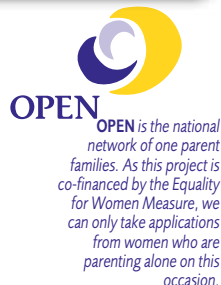
at

OPEN, National Centre,  
7 Red Cow Lane, Smithfield, Dublin 7  
t - 353 1 814 8860 f - 353 1 814 8890

[www.oneparent.ie](http://www.oneparent.ie)  
[www.facebook.com/weareOPEN](https://www.facebook.com/weareOPEN)

### WHERE TO FIND US . . .

Map, directions, and information on public transport options to OPEN are available on our website - [www.oneparent.ie](http://www.oneparent.ie) or ring the office to get them posted out.



EUROPEAN REGIONAL DEVELOPMENT FUND



Irish Government  
Programmes 2007 - 2013  
Co-funded by the Irish Government and the European Union



Equality for Women Measure



# OPEN SHAPING YOUR FUTURE

## Are you a lone mother?

Would you like to attend a short morning programme to explore your options for the future?

Would you like one-to-one mentoring to help you develop a plan of action and get results?

Are you interested in learning more about yourself and building your self confidence?

Would you like to have fun and meet other lone parents?

Would you like accurate information about your entitlements and supports?

If the answer is **YES!** then this is the programme for you.



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# SHAPING YOUR FUTURE

## The Programme

Shaping YOUR Future is a short programme consisting of 7 sessions. It includes lots of relevant information, guest speakers, and plenty of time for group discussion on topics like:

- **Balancing work / Education with family life**
- **Building your confidence and self-esteem**
- **Managing your time and your money**
- **Information about Social Welfare and Childcare**
- **Learning stress management and relaxation**
- **Exploring your options and planning your next steps with new easy-to-use software programmes**

## 2011 dates

Choose **ONE** of the four programmes being held before the Summer. Each programme runs over a two week period.

### FEBRUARY / MARCH:

*Starts:* Monday 28th Feb; Tuesday 1st Mar; Wednesday 2nd Mar; Thursday 3rd Mar; Monday 14th Mar; Tuesday 15th Mar; *Ends:* Wednesday 16th Mar.

### MARCH:

*Starts:* Monday 21st; Tuesday 22nd; Wednesday 23rd; Thursday 24th; Monday 28th; Tuesday 29th; *Ends:* Wednesday 30th

### APRIL:

*Starts:* Monday 4th; Tuesday 5th; Wednesday 6th; Thursday 7th; Monday 11th; Tuesday 12th; *Ends:* Wednesday 13th

### MAY:

*Starts:* Monday 16th, Tuesday 17th; Wednesday 18th; Thursday 19th; Monday 23rd; Tuesday 24th; *Ends:* Wednesday 25th.

## Time

The sessions begin at 10am and end at 12.30pm. There's a short break, and refreshments are provided.

## Venue

All sessions take place in the OPEN National Centre at 7 Red Cow Lane, Dublin 7. Smithfield is easily accessible by  
LUAS: Red Line and  
Bus Routes: 83, 19a, 4/4a, 37, 79 and 25.

## Financial Supports

The programme is free. Lone mothers can receive a contribution of €11.50 per morning session towards childcare costs, and will also be reimbursed for public transport costs to and from the training.

## Other Supports

All participants will be given one-to-one mentoring and career guidance supports throughout the programme.

