

OPEN SHAPING YOUR FUTURE



Are you a lone mother?

Would you like to do a short 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! our exciting SHAPING YOUR FUTURE programme could be for you!

The programme consists of 7 sessions over a two-week period. Choose ONE programme from the four start-up dates offered.

2011 Start-up Dates

Choose ONE Start-up

- 28th February • 21st March •
- 4th April • 16th May •

Venue:

The 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.

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



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EUROPEAN REGIONAL DEVELOPMENT FUND



Equality for Women Measure

For more information or to book a place, contact:

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