

Are you a family carer or former carer? Do you want to get back to paid work or education?

Trust us to help you on a new path.

You are invited to attend our **FREE Working Care Out**, online group skills and development programme, where you will explore making career choices, planning for further education pathways and look at strategies for effective job searching.

What will I learn?

- How to write up your CV and cover letter
- How to fill out application forms and online applications
- Effective communication skills
- Interview skills and interview preparation
- The programme will run for 2 hours p/wk for 4 weeks

Group Programme Dates:

- **Wed 10th Sep;**
- **Wed 17th Sep;**
- **Wed 24th Sep;**
- **Wed 1st Oct**

Please note,
you must
commit to all 4
sessions every
Wed.

ciste na
gcuntas díomhaoin
the dormant
accounts fund



For information & to register your interest:

Email Jennie on
jfarrell@familycarers.ie,
call 086 0229 607
or Freephone our
Careline 1800 24 07 24.



 **Family
Carers
Ireland**
No one should have to care alone