

THE TIME IS NOW!

STARTS THURSDAY 25 APRIL
THEN EVERY THURSDAY FOR 5 WEEKS

10am – 12 noon | Barlow Moor Community Centre



A five-week programme to boost your confidence and help you to decide on what you really want to do.

In small groups, you'll explore the opportunities available for careers, enterprise, employment and training. You'll leave feeling confident and ready to work towards your next steps in employment or enterprise.

For more information call **07714 857 194** or email
employmentsupportreferrals@southwayhousing.co.uk



HOW DOES IT WORK?

Over the five weeks, you'll explore a different topic.

You'll find help with planning your goals, building your confidence, and feeling better equipped to take the next steps towards your dream career. Guest experts will present on the topic and give you practical techniques to work on.

"You cannot imagine how much this has helped me, it gave me the initial push and courage I needed to get out of my comfort zone and do something for myself. I finally have hope about my future and career, I felt supported all the time, and I'm so grateful."

Paula, previous Time Is Now participant

