

Take time to think about yourself

# OPTIONS & CHOICES

Mitchell Street Centre

25th August to 29th September 2011

10.00am – 12.00noon



This course allows you to :

- Build confidence & meet others.
- Look at your strengths & skills as a person and/or a parent.
- Explore your future career & employment options in a relaxed and informal setting.
- Plan ahead for the things you want to do.

To book a place or findout more contact:-

Nidhi Sharma on 435817 or 07985878493

Free creche available - must be booked in advance



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