

“CAREER AND LIFE SKILLS COURSE”

Have you become unemployed recently?

Are you in receipt of a social welfare payment?

Would you like to spend four weeks;

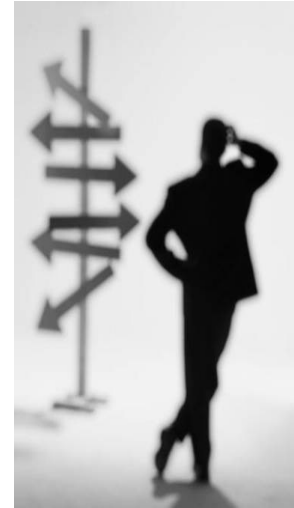
Exploring you career, life and educational options

Learning Computer Skills

Developing your existing skills – Learning new skills

Try classes in Sustainable Living, Health & Fitness, Art, Cookery

Rebuilding you confidence – Planning for your future



Why not enrol for a short – “Career and Life Skills Course”

This course will run for 4 weeks from September 6th to October 1st, Monday to Friday from 9:30am until 1:45pm.

This course will not affect your social welfare payments.

Places are limited. For further information or to apply for the course, please contact us at the Adult Education Centre, Ozanam Street on 051-873195.

Alan O’Gorman, course coordinator - Email wave@adulteducationservice.ie

Helen Rafferty, Community Education Facilitator – Email comed@adulteducationservice.ie

This course is supported by:

