

# Are you Struggling with the Cost of Living?



## Join us for free workshops for Islington Parents

We will look at new topics  
**every Wednesday 9.45-12pm**  
at the Parent House, 55 Calshot St, N1 9AS

21<sup>st</sup> February- Free family activities and advice by Bright Futures.

28<sup>th</sup> February- Ways to save by Credit Union

6<sup>th</sup> March – Help with CV writing by Job Centre Plus

13<sup>th</sup> March -Help with interview skills by an employment expert.

## Join us every Wednesday for home made soup and bread

**To Book:** Contact 0207 837 1383  
[Anita@theparenthouse.co.uk](mailto:Anita@theparenthouse.co.uk)  
[www.theparenthouse.org](http://www.theparenthouse.org)

