

Are you Struggling with the  
Cost of living and looking for work?



## Join us for free workshops for Islington Parents

**Wednesday 6th March 9.45-12pm**

at the Parent House, 55 Calshot St, N1 9AS

An engaging workshop by the **Job Centre Plus** will include:

- Identifying barriers to get into employment and discuss solutions
- Information regarding training courses available in Islington
- Financial advice available from Jobcentre around childcare/training/preparing for work
- Offer of 1:1 support in finding jobs/volunteering work/career advice and training

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

**To Book:** Contact 0207 837 1383  
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[www.theparenthouse.org](http://www.theparenthouse.org)

