Are you interested in:

- *Building your confidence,*
- *Getting out to meet others,*
- *Understanding the skills you already have, as well as learning new ones*
- *Considering your future career goals,*
- *Exploring Learning and Volunteering*
- *Help with looking and applying for the right job for you?*

If you have a child under the age of eight and are registered at your local Children's Centre, the Parent Progression Team are here to help you.

To find out more, contact Jane on

07547 958156, jane.hawking@eci.org.uk

We look forward to meeting you.

Jane and Helen -the Parent Progression Team

Exeter Community Initiatives—Registered Charity No.: 1026229

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