CAREER READINESS FOR YOUNG PARENTS

ARE YOU A YOUNG PARENT 25 YEARS AND UNDER AND HAVE BEEN ON PARENTING PAYMENT SINCE YOU WERE A TEENAGER?

WOULD YOU LIKE TO PREPARE FOR A CAREER YOU WILL ENJOY?
THEN THIS SUPPORTIVE PROGRAM IS FOR YOU!

Bridging the Gap has designed a customised program especially to help young parents living in Rockingham and Mandurah.

THROUGH ONE TO ONE AND GROUP ACTIVITIES WE WILL HELP YOU WITH:

1. **Self-development** – such as how to improve your self esteem, confidence, motivation and coping skills.

2. **Health and wellbeing** – healthy lifestyle, overcoming addictions, independent living, overcoming mental health issues such as depression, anxiety and stress.

3. **Career development** – including further education and training, computer skills, becoming work ready, finding a career path, effective job search strategies and assistance with finding work experience or a job when you are ready.

This is *your* program and *your* needs will determine the content for the weekly group activity sessions.

You will also be able to get help with other issues such as mental health, drug and alcohol addiction, domestic violence etc. We know and understand that a wide variety of circumstances and situations may have made life difficult for you and raising children is a very hard job in itself.

We are here to help and support you to achieve success and well-being. Our trained Facilitator will mentor you, refer you to agencies that can assist you and be with you every step of the way.

IT’S NEVER TOO LATE TO START AGAIN!
SO COME ALONG, SOCIALISE AND MAKE NEW FRIENDS, LEARN SKILLS THAT WILL HELP YOU WITH YOUR DAY TO DAY WELL-BEING AND PREPARE YOU FOR A CAREER WHEN YOU ARE READY TO WORK.

OUR COMMITMENT TO YOU:

1. We will provide weekly group activities during school hours, where you will learn from each other and the Facilitator in a friendly and safe environment. Child care will be provided at no cost to you.

2. Our Facilitator will provide weekly one to one mentorship/support meetings to help you with your individual needs.

3. We will help you design a plan so that you have a roadmap for achieving your goals relating to self development, health and wellbeing and your career.

4. When you are ready, we will help you find work experience, a job or a course that will help you achieve your career goals.

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CONTACT US

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