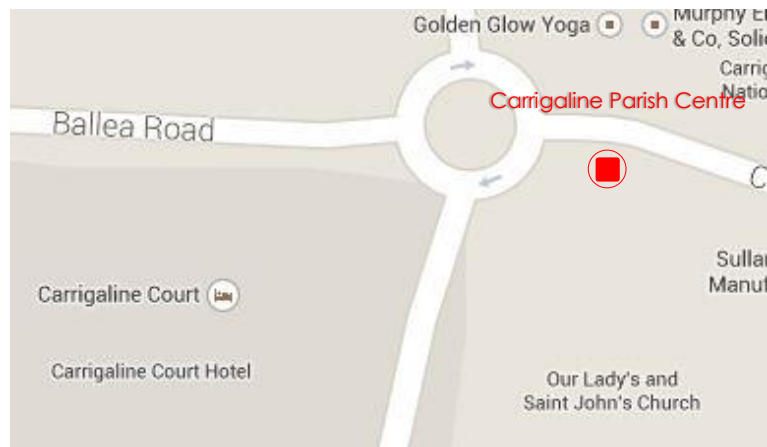


Course Location

Carrigaline Parish Centre
Church Road
Carrigaline



For more information and to book a place at the

Taster Session

please call SECAD at 021 4613432
or email sconroy@secad.ie

Develop the Skills to SUCCEED

Are you under 25, unemployed
& need help to
PLAN YOUR FUTURE?

Time2 Activ8

Taster Session

Find out what the course is all about

Carrigaline Parish Centre
on 11th March 2014 @ 2.00 pm

For more information contact SECAD at
021 4613432 or info@secad.ie



An Roinn Coimirce Sóisialaí

Department of Social Protection

Helping you build a better life



Comhshaoil, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government

SECAD  PARTNERSHIP
South & East Cork Area Development

What is Time2 Activ8?

Time2 Activ8 is a free, 7 week course for people between the ages of 18 - 25 who are unemployed and need help to plan their future. The course involves two/three afternoon sessions per week.

What is it about?

Participants will learn skills that will help them to find a job or to source the education or training they need to pursue their ideal career. There is also help for people who are looking at starting their own business.

There are separate sessions on financial supports and how to access job schemes or courses and also on CV and interview preparation.

One to One Support

Participants will receive one to one help to look at their options and plan their next step.

Who is it for?

The course is funded by the Department of Social Protection so all participants must be receiving a social welfare payment.

Where and when is it starting?

The course will be starting on Wednesday, 26th March and will run for 7 weeks in Carrigaline Parish Centre.

How can I find out more?

There will be a taster event in Carrigaline Parish Centre on Tuesday, 11th March where you will have the opportunity to meet the tutors and find out more about the course.

For more information and to book a place at the

Taster Session

please call SECAD at 021 4613432
or email sconroy@secad.ie

Time2 Activ8

- ✓ Free course designed to help participants who want to find employment, return to education or training or to start their own business.
- ✓ Enabling people to decide what their next step should be.
- ✓ Focus on helping people to set goals and create a plan for their future.
- ✓ Session on the financial supports that are available for people who wish to return to education or to start their own business.
- ✓ Jobs schemes are explained and information is provided on how to access them.
- ✓ Sessions on how to prepare a CV and how to prepare for an interview.
- ✓ Sessions on IT for Work
- ✓ One to one support.

Confidentiality is assured at all times.

Taster Session

Find out what the course is all about

**Carrigaline Parish Centre
on 11th March 2014 @ 2.00 pm**

- ✓ There will be a short introduction to the course which will help you to decide if the course is for you
- ✓ You can meet the Tutors who will explain what the course involves