

The Parent Employment Wellbeing project

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ACTION

Free advice and support tailored to you

The Parent Employment Wellbeing project is for parents who are over the age of 16, not in employment and living in Reading. It offers clear and confidential information, advice and guidance. If you would like to:

- discuss your needs and aspirations for work
- identify any barriers to your wellbeing and achievement
- explore your options and opportunities
- know about the support available to you in Reading
- progress towards and into training, courses, voluntary work and employment

...then get in touch to find out more!

Email anna.chapman@rva.org.uk or
call Anna on **07485 327949**

www.rva.org.uk/the-parent-employment-wellbeing-project



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Reading Voluntary Action is a registered charity, number 1045782. Find out more about us at www.rva.org.uk.