

# **Life Skills Program for Single Parents**

**Are you a single parent?**

**Are you looking to find employment that provides a work/life balance?**

**Are you looking to enhance your skills and increase your employability?**

The Life Skills Program for Single Parents is now accepting new clients! Our Life Skills Counsellors will look at your aptitude and background and the local job market to help you map out the supports needed to find sustainable employment suitable for you and your family. Along the way, you will meet other single parents who have similar goals and objectives towards finding and maintaining employment.

Not only will we help you improve your essential skills and provide one-on-one life skills and employment supports, but we will assist you with meeting your employment goals! Assistance in areas such as Personal Life Management, Career Planning, Securing Childcare, Education Planning and Job Placement are just some of the areas covered.

**FOR MORE INFORMATION OR  
TO SCHEDULE AN APPOINTMENT CALL Bethany or Kyla at  
(587)-273-0225**

**Bredin Centre for Learning**

400, 4406 50 Avenue Red Deer, AB T4N 3Z6

**Bredin Centre for Learning**

*Developing Careers in Alberta Since 1976*