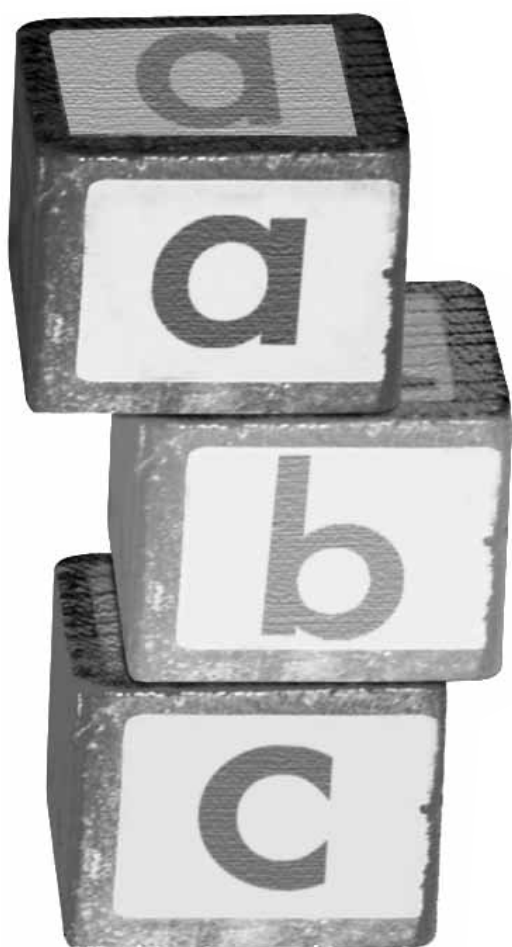


# Are you aged 16-18? Have you recently had a child or are you expecting a baby soon?



Even though you are now a parent or about to become one, don't forget about your own future. Learning is still important - even if you aren't working now you may want to get a job in time and qualifications mean you will earn more. So if you or your partner has had a baby or if you are expecting soon, these free courses are ideal.

## How can we help?

We have a new range of free courses that are designed to help new parents with skills such as common illnesses, understanding child development or first aid. We also offer courses to help you develop as a person such as independent living skills or managing your finances.

These courses are helpful, fun and relaxed and a great way for you to meet other parents at the same stage as you.

Your baby's future is important, but so is yours. Help your baby and help yourself by enrolling on a Young Parents to Be course.

## Financial help

If money is an issue, there may be help available. You may qualify for the Education Maintenance Allowance - ring the EMA Helpline on **080 810 16 2 19** for more details.

There is also Care to Learn which can help with your childcare costs while you learn. For information contact the Care to Learn helpline on **0845 600 2809**.



## Course Title

## New Beginnings - Essex Training

**Start Date** 27th January 2008

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**End Date** March 2008

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**Duration** 10 weeks

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**No. of hours per week** 16 hours

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**Times** 3 days per week  
Monday, Tuesday, Wednesday, Thursday, Friday  
Attendance days flexible  
10:30am - 2:30pm

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**Where** 10 Cartersfield Road  
Waltham Abbey  
Essex  
EN9 1JD

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**What** Vocational skills.  
Vehicle maintenance.  
Home DIY.  
Hair & beauty.

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**Qualifications included?** British Safety Council Health & Safety at Work Level 1

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**Any additional information?** **Course to include:**  
Paediatric first aid.  
Healthy eating.  
I.T. skills.  
C.V. writing.

Course to include a breakfast club.

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**Who to contact for further information?** Paul Garrett  
Telephone: 01992 760244  
Email: [essextrainingcentre@hotmail.com](mailto:essextrainingcentre@hotmail.com)  
Website: [www.essextrainingcentre.com](http://www.essextrainingcentre.com)

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