

# Are you a family carer or former carer? Do you want to get back to paid work or education?

*Trust us to help you on a new path.*

You are invited to attend our **FREE Working Care Out**, online group skills and development programme, where you will explore making career choices, planning for further education pathways and look at strategies for effective job searching.

*By the end of this programme you will learn:*

- How to write up your CV and cover letter
- How to fill out application forms and online applications
- Effective communication skills
- Interview skills and interview preparation
- The programme will run for 2 hours p/wk for 4 weeks

*Group Programme Dates:*

**September 29th, October 6th, 13th & 20th 2022: 10am – 12pm**

Please note, you must commit to all 4 sessions every Thursday.

For information & to register your interest, visit [www.familycarers.ie](http://www.familycarers.ie) or email Jennifer Farrell at [wco@familycarers.ie](mailto:wco@familycarers.ie)

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Family  
Carers  
Ireland

No one should have to care alone



*Jennifer Farrell*

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Working Care Out Manager  
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