



## **New Opportunities for Migrant Women who are Parents**

### **What is this programme about?**

The course is a pre development programme for migrant women who are parents, which hopes to discuss a range of topics one morning a week over 12 weeks e.g.

- **Personal development,**
- **Gender issues,**
- **Community Health,**
- **Information rights and entitlements,**
- **Parenting in a diverse community**
- **Further education and training options.**

### **When is the course running?**

The programme will run between 10am-1pm and will be held in HSE Family Resource Centre Navan beginning in Navan on Thursday 10<sup>th</sup> March and People's Resource Centre Kells, on Wednesday 30<sup>th</sup> March.

### **Will Childcare be available?**

Crèche facilities for non-school going children will be provided by childcare staff in HSE Family Resource Centre Navan and Kells in a community crèche setting (limited places however).

### **How can I make sure the course can meet my needs?**

We are hosting information sessions for those who are interested in attending the last week in February and the first week in March to help us design the course to meet participants' needs

**What dates will the course run on?**

**Dates: Navan: (all Thursdays)**      March 10<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>,  
April 7<sup>th</sup>, 14<sup>th</sup>,  
May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>,  
June 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup>

**Kells: (All Wednesdays)**      March 30<sup>th</sup>,  
April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>,  
May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>,  
June 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>.

**How much will the course cost?**

The course is free and a limited number of free childcare places are available also. This course is funded under the community grants scheme by Meath VEC. The HSE Family Resource Centre and the Peoples Resource Centre are partners in this project.

**Where can I get more information?**

For more information contact Cultúr on 046 9093120, our office is located at the CYWS Hall, Fairgreen, Navan, Co. Meath