

First Steps Pilot Project

**Advice, Help and Support with
Accessing opportunities
Training, College and Work**

**Childcare Available
please book**



**One Parent
Families Scotland**

**Join Confidence Building
& Work Prep Courses
in your area**

**Plan for your future
Get help with your benefits
Advice on debts and budgeting
Access to Training Courses
Information on College & Work**

**To find out more or book a place call Lee Anthony
on T: 0141 847 0444 or M: 07506 904 368
E: lee.anthony@opfs.org.uk www.opfs.org.uk**



YOUNG SINGLE PARENT?



One Parent
Families Scotland

- Meet a local single parent worker in your area
- Access Confidence Building & Work Preparation training
- Get advice on debts or fuel issues
- Welfare Rights from a single parent specialist worker
- Access to free childcare
- Help and information on entering education and employment
- Call to find out more information, book a place or meet up for a chat

Lone Parent Helpline
0808 801 0323

