

# COMMUNITY FAMILY SUPPORT PROGRAMME

FREE  
TRAINING  
AND SUPPORT



## SUPPORTING YOU INTO EDUCATION, TRAINING, AND EMPLOYMENT



Are  
you aged  
16-74 years old & not  
in education or training,  
unemployed or working  
under 48 hours a week,  
looking for a new job  
or increase your hours?



● DERRY CITY & STRABANE ●  
CAUSEWAY COAST & GLENS ●

HOME VISITS



WORK-LIFE BALANCE



# CHOOSE FROM A RANGE OF WELLBEING AND EMPLOYABILITY SUPPORT

- Mental Health Awareness
- Money Management
- Stress Management
- Benefit Awareness
- Home Visits
- Social Connection
- Plan Your Life Goals
- Confidence Building
- Family Relationships
- Healthy Living Advice



- CV Building / Job Searching
- English / Maths / ICT
- Job Related Training
- Online Learning
- Skills Training
- Food Hygiene
- Careers Advice
- Plan Your Job Goals
- Interview Preparation
- College / Tech Applications

Contact us directly on;

Derry City & Strabane  
028 7134 5533  
Causeway, Coast & Glens  
028 7032 6016  
enquiries@21.training  
www.21.training

"You can meet us yourself or bring friends / family to accompany you."



Department for the  
**Economy**  
www.economy-ni.gov.uk

**21**  
TWENTY ONE  
TRAINING



European Union  
European Social Fund  
Northern Ireland

This project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for the Economy.