



# Aspiring Futures CIC Employment & Well-being Support for Women

## We can help you with:

- ✚ IAG – Information, Advice and Guidance
- ✚ Personalised health, well-being and employment support
- ✚ Confidence building, problem solving
- ✚ Personal statement, CV writing, job search, interview techniques
- ✚ Learning new skills, volunteering,
- ✚ Progression into paid work, further education
- ✚ Access to mentoring or counselling
- ✚ Access to digital device and wi-fi

## Please get in touch:

**Call or Text:** 01902 458770 or 07557667609

**Email:** [reception@aspiring-futures.co.uk](mailto:reception@aspiring-futures.co.uk)

[www.aspiring-futures.co.uk](http://www.aspiring-futures.co.uk)

Like us on face book - Aspiring Futures

## Eligibility

- Aged 16 plus
- Unemployed for more than 18 months
- Claiming benefits

*We can pay travel expenses if you are long term unemployed and can't afford to travel to the centre. If you need childcare to attend the service please ask.*



**Aspiring Futures CIC is an award winning, women led social enterprise based in Wolverhampton. We support women and their families.**

**Our services are open to all women from all walks of life:**

**1-2-1 sessions via phone, zoom or in person:**

- Information, Advice and Guidance (IAG)
- Counselling and Psychotherapy
- Mentoring
- Self-care for long term health conditions
- Befriending Service
- Skills Development through volunteering and work placement



**Group Sessions:**

- Empowering Women – health, well-being and employability
- ESOL (conversational English, pre-entry, entry level 1 and 2)
- Functional Skills
- Book Club
- Computer and digital skills
- Cooking group
- Social groups



**Family and Children Services**

- Family Counselling (relationship and bereavement counselling)
- Mine craft club
- Mum and toddler groups
- Girls Club
- Half term and holiday activities



**Please get in touch with us if you or someone you know might need the support. Please contact us on **01902 458770 / 07557667609** or email [reception@aspiring-futures.co.uk](mailto:reception@aspiring-futures.co.uk) or visit our website [www.aspiring-futures.co.uk](http://www.aspiring-futures.co.uk) like us on facebook – **Aspiring Futures****

