



**EMPOWERING
mums**

EMPOWERING MUMS PROJECT

An initiative of YWCA, Singapore's oldest women's organisation

Launched in 2015, YWCA's **Empowering Mums Project** is dedicated to helping mothers from low-income families gain the skills, support and confidence they need to be successfully employed through a *free* 8-week journey of group work and workshops culminating in a makeover and graduation.

Calling all mothers who are seeking employment or just returning back to work, the **Empowering Mums Project** can help you make the difference and empower your life! Running from November to December this year, **Empowering Mums 2** offers 8 weeks of free training in a supportive group environment with flexible job opportunities after graduation.

Timing: Every Friday, 6.30pm – 9.30pm;

Venue: YWCA Fort Canning Lodge, 6 Fort Canning Rd S179494

11 Nov - Launch Dinner (*family invited*)

18 Nov - Workshop 1: Personal Grooming

25 Nov - Workshop 2: Personal Touch & Relationships

2 Dec - Workshop 3: Personal Strengths Discovery

9 Dec - Workshop 4: Goal-setting & Self-Motivation

16 Dec - Workshop 5: Personal Branding & Image

23 Dec - Workshop 6: Resume Writing & Interview Skills

6 Jan – Reflection & Celebration (*with complimentary stayover*)

7 Jan (Sat, 10am – 4pm) – Makeover & Graduation Ceremony (*family invited*)

Halal meals, childminding and transport from select Family Service Centres / agencies is provided. To register, please inform your caseworker to contact Ms Ling at linggoh@ywca.org.sg or 6223 1227. **Registration closes on Wednesday, 12 October.**

