



CHOICES
CUMBRIA

Make **choices,** see **changes**

What is **CHOICES**?

We can provide one to one support to help you achieve your goals and to enable you to move into education, training, job searching or employment

What does **CHOICES** offer?

- One to one support, guidance & advice on anything you feel will help you make the positive changes you want in life
- Training and courses to help you achieve your goals, build up your skills & knowledge and give you new and valuable experiences
- Specialist advice on health and well-being, finances, benefits and improving IT skills, as well as helping to rebuild confidence and self esteem

Available in Copeland and Allerdale

Make the right **CHOICES** and get in touch today too see if we can help you

07860850227

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