

# Are you out of work? Wondering what to do next?

## SECAD Opportunities Mornings

**Monday, 23<sup>rd</sup> March:  
Sirius Centre, Cobh**

**Tuesday, 24<sup>th</sup> March:  
Cumann na Daoine, Youghal**

**Wednesday, 25<sup>th</sup> March:  
Carrigaline Band Hall**

**Thursday, 26<sup>th</sup> March:  
Middleton (Venue TBC)**

**Friday, 27<sup>th</sup> March:  
Ballincollig (Venue TBC)**

**10.00 am – 12.00 pm**

**Do you  
Want to Return to  
Work?  
Re-skill or Return  
to Education?**

Meet representatives from the agencies who can take you through your options & the opportunities available to you in your local area and further afield:

- Dept of Social Protection
- Cork Education & Training Board
- Cork Training Centre
- Cork City & County Volunteer Centre
- Skillnets
- SECAD

Listen to motivational speakers who will talk about setting goals, self-motivation and how to move forward with confidence.

**For more information  
and to book your place  
contact Kieran & Sinéad  
in SECAD at  
021 4613432  
or [info@secad.ie](mailto:info@secad.ie)**



Comhshaoil, Pobal agus Rialtas Áitiúil  
Environment, Community and Local Government



An Roinn Coimirce Sóisialaí  
Department of Social Protection  
Helping you build a better life



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



etb  
Bord Oideachais agus  
Oiliúna Chóiréil  
Cork Education and  
Training Board