



European Union

European Structural
and Investment Funds



European Union

European
Social Fund

karbon
homes

Providing strong foundations for life

Helping you reach your full potential

Whatever it is you set out to achieve, our calendar of weekly and monthly virtual sessions provide all the support needed to help on the journey.



Get in touch today



0191 223 8750



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www.karbonhomes.co.uk/contactffl

Tuesday

1 - 3pm Building Resilience

Three week course covering

- 1: Understanding and building resilience
- 2: Dealing with Stress
- 3: Coping methods to improve health and wellbeing

2 - 3pm Basic Digital Skills

Live sessions with our Digital Coaches to get help with everything from using your digital device to making the most of being online.

Wednesday

1 - 2:30pm Home Schooling Parent Support

Advice and guidance to families and individuals around home schooling. Available in 1-2-1 or group sessions.

1 - 3pm Digital Virtual Drop-In

Drop in to get help and answers to any of your techy questions from one of our Digital Coaches.

Thursday

10am - 2pm Money Works

Three week course covering

- 1: Budgeting
- 2: Weekly spending and ways to save
- 3: Online tips for money management

10 - 11:30am Online interviews*

Live session with an Employment Adviser covering online interview techniques, job searching and completing online job applications.

*monthly session rather than weekly

Friday

10am - 2pm Career Planning

Informal, guided sessions with an Employment Adviser to identify transferable skills and potential career routeways.

2 - 3pm Intermediate Digital Skills

Live sessions with our Digital Coaches to help you enhance your understanding of and develop your competency in digital skills.

Limited or no access to the internet?

Don't let that put you off, speak to us now and we can explore ways to help.

