

NEWS RELEASE



For immediate release

Work options for mums

Rejoining the workforce can be daunting for mums at any stage of their children's lives. Knowing what resources are available for working and studying mums can be a great help to families. Unfortunately in many cases the assistance available is not used either because it is not known about or seems too difficult to access.

TAFE NSW North Coast Institute is currently offering a course which will assist women of the Nambucca Valley to identify organisations, services and funding that can help families through the transition to work. Students will identify and learn about assistance available while creating a lasting resource to help families throughout the country.

Women of all ages are encouraged to apply to participate in the course which will run for 3 days / week over 10 weeks. Skills offered throughout the course will include basic computer skills including the Internet, e-mail and freeware, communication, interview skills, writing for the media, business report writing, publicity, event management, research, graphic design and multimedia, design layout, digital photography and digital storytelling.

Rather than a classroom setting students will learn 'hands on' as they compile a website, booklet and event which demonstrates the help available for mums returning to work.

The four teachers Kerry Grace, Liz Keen, Linda Schofield and Lyn Owen are all mums with young children who have a first hand understanding of the difficulties in returning to work.

There are no prerequisites for joining the **Work Options for Mums** program but numbers are limited so contact North Coast Institute, Macksville Campus phone 6569 2000 or contact Kerry Grace directly on 0404887473 or kerry.grace@optusnet.com.au today.

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