



St. Catherine's
Community Services Centre

Courses - Spring 2018

Community Education Classes - Supported by Community Education Facilitator KCETB

Computers for Beginners Class - FREE

Have you always wanted to learn how to use the Internet and how to email? Each course consists of 5 weeks by two hour sessions and is aimed at people with no or very little computer experience. Classes start every week. Phone 059 9138706 for details of dates and times.

Tablets for Beginners - FREE

Do you get the most out of your tablet? Would you like to know how to use it better? Classes start every few weeks. Call Andrea on 059 9138706 for details.

Smart Phones for Beginners - FREE

Did you get a new phone for Christmas? Would you like to master the phone you have? Classes start every few weeks. Call Andrea on 059 9138706 for details.

Make Up & Nail Art - 6 weeks - €60/€30

Thursday 15th February 7.00 pm - 9.00 pm

Interior Design - 6 weeks - €60/€30

Wednesday 7th February 7.00 pm - 9.00 pm

Yoga and Relaxation - 10 weeks - €100/€50

Friday 26th January 2.15 pm - 3.30 pm

International Women's Group

This group is activity based and will provide a space for you to improve your English while developing friendships, skills and further integrating into the local community. Meets every Wednesday 10 am - 11.30 am.

Enrol by calling into St Catherine's Community Services Centre, St Joseph's Road, Carlow. If you are in receipt of social welfare, you may be entitled to the reduced fee rate. Proof of social welfare payments must be presented. Full fees must be paid on enrolment.

For more information phone Andrea Dalton on 059 9138706

Preparation for Work Course 2018

- Have you left the work force? Have you always wanted to return to work?
- Do you want to get out and meet new people and gain new skills?
- Are you looking for the first step to enter the workforce?
- Would you like to build your confidence and self-esteem?

If you can answer **yes** to any of these questions then this could be the course for you.

St Catherine's Community Services Centre supported by the Carlow Kilkenny ETB Back to Education Initiative Community Strand are offering you the opportunity to make a start on your journey to employment or further education.

Location: St Catherine's Community Services Centre
Times: Monday – Friday 9.45 am – 1.00 pm
Start Date: Monday 9th April 2018
Course Duration: 11 weeks including 4 week work placement
Course Content: FETAC Level 3 Work Experience and Internet and Email Progression Support.
Other Supports: Course delivered using tutors experienced in delivering adult and community education. Childcare. One-to-one support and mentoring. Information and guidance.

For further information, please contact Andrea on (059) 9138706 or call in to St Catherine's Community Services Centre, St Joseph's Road, Carlow