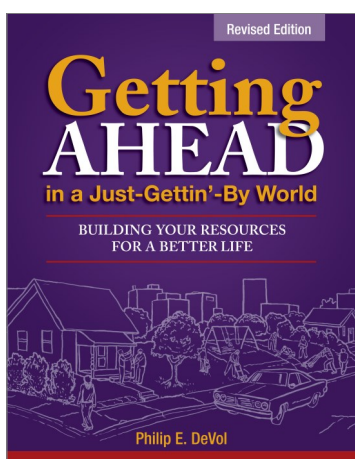


Feeling Stuck? Getting Ahead: Your First Step to a Better Future



Getting Ahead in a Just-Gettin'-By World is a program designed to help people build the resources they need for a better life.



Sign up today:

This eight-week Getting Ahead program will help you find the tools you need to manage your life better and set goals for the future. It's not easy, but it works because you're the one in charge. This is agenda-free; no one tells you what to do. You are seen as a problem solver whose voice is needed.

Some of the Getting Ahead program benefits:

- >> We'll help you find the tools and relationships you need to meet your goals and build a better future.
- >> Examine your experience of life, as well as explore issues in the community that make poverty worse.
- >> Share your knowledge and expertise to help build a community where everyone can live well.
- >> We'll invest £19 in you for every session you complete.

What people are saying:

"Sometimes you don't realise that you're stuck because it has become a way of life ... it's normal! I was afraid to step outside the box, to become unstuck. There were untapped resources within the community that I hadn't realised before. The Getting Ahead course helped me to realise that I wasn't stuck and that there was hope for me."

"The most important lesson that we had to learn [in Getting Ahead] was about resources that we could gain. Through my own self-discovery, I was much richer in resources than I knew. I just was not taking advantage of them. Knowing where I am strong and where I am weak has helped me to prioritise my long- and short-term goals."

Sign Up for Getting Ahead Today

Getting Ahead can help you create a better future.

Help us pioneer this work in Scotland.

Register for an upcoming program and get the support you need to make a change.

Upcoming Session Dates:

Dates and times to be confirmed whilst we recruit the group. We expect the sessions to start in February and run across March and April.



Getting Ahead Program Details:

Each session is 2.5 hours. In total there are 16 sessions. We will invest £19 in you for each session you complete (these are in gift vouchers so as not to affect any benefits you might be receiving). Transport and childcare is provided.

Monthly meetings and support continue for two years after the program.

Contact Amreeta Kaur for more information or to register today.

Call: 0141 404 5848

Call or text: 07709 813 615

