

Bloom Shepparton

Careers, work and wellbeing guidance for single mums



"Erika and the Bloom program were very empowering and gave me much reassurance and confidence. Bloom helped me believe in myself and learn that the skills I hold are valuable. I now feel like I can explore my career pathway and kick any goal I set for myself. Highly recommend this program to ALL single mothers."



The work single mums do is often unpaid and unrecognised. Bloom aims to encourage single mums to harness their skills to improve their wellbeing and working future

Contact Erika, Bloom Facilitator

M: 0423 189 340

E: bloom@csmc.org.au

Start Shepparton: July 10, Third term

Individual Online Support and Group

W: www.csmc.org.au

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"I love Erika's positive outlook and how she is so encouraging. I really don't think I would have taken these big steps if it wasn't for her support and encouragement. I'm so grateful for the CSMC. You all do wonderful work!"

- ✓ Engage in confidential online sessions with an industry professional with single mother lived experience
- ✓ Identify your skills and strengths to enable a transition to work, study or a new career over time
- ✓ Increase your confidence and capacity to advocate for yourself with coaching and group sessions
- ✓ Update your knowledge of free training courses, industry and workplace changes since COVID
- ✓ Receive help to locate free services that assist with career change, financial counselling and wellbeing

**JOIN ALONE OR WITH ANOTHER SINGLE MUM
IT'S FREE & IT'S FLEXIBLE - PLACES LIMITED TO 8
STARTS THIRD TERM - JULY 10 2023**

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Council of Single Mothers and their Children (CSMC) has been advocating for single mothers for over 50 years. All staff have lived experience of single motherhood and understand the diverse and unique experiences and challenges of single mother families. Membership is free.