

# NO LiMiTs

Helping Young People  
Help Themselves



## Employability Support For Young Parents

**Are you a young parent  
looking for work?**

**No Limits offers free support for  
young parents aged 16-25, who  
are looking for employment,  
education or training  
opportunities.**



You can come to us for:

- one-to-one support
- careers advice
- support looking for education, employment and training opportunities
- help with job applications and interview preparation
- signposting to short courses and college open days



SCAN ME

To find out more, get in touch: **call us** on 02380 224224,  
**email** [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk) or **scan the QR code:**

Our friendly team can meet with you in person at the  
No Limits Advice Centre, in the community or online.

**[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)**