



ARE YOU A MUM WHO WANTS TO GET BACK TO WORK, EDUCATION OR TRAINING?

THE GRoW TEAM CAN HELP!

When you join GRoW you become part of a community that supports you every step of the way.

Whether you are looking to start work, progress in work, upskill or retrain we can help you on your journey so you achieve your goals much quicker.

Our expert Advisers specialise in helping mums to grow your confidence and motivation. We know what works because we've been there too!



You must have the right to work in the UK, and proof that you live in a London Borough. We are funded by the Mayor of London to help you take the next step.

WORK, STUDY & TRAINING

Whether you want part-time or full time work, start your own business, retrain, upskill or move into education, we can help.

CREATIVE PATHWAY

Pursue a new creative journey - blogging, social media, design - whatever takes your fancy!

CV & INTERVIEW SUPPORT

We can teach you key techniques that help you make a great impression first time.

CHILDCARE

We can help you learn about, find and choose suitable childcare.

**SCAN TO
FIND OUT
MORE**



YOUR GRoW JOURNEY

GRoW's flexible offer allows you to choose different pathways depending on what you're looking to achieve. We offer in-person and online events, regular drop-in Coffee Mornings and 24/7 specialist advice and information as well as dedicated Personal Advisers to keep you on track.

When you have completed your GRoW programme you will have gained new confidence and motivation and have benefitted from either new skills, be working towards new qualifications and have the knowledge of how to set up your own business, get ready for work or progress in work, and find a job that suits you and meets your family's needs.

GRoW's key Steps to success



GET IN TOUCH!

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