

# Are you ready for a change? We can support your family.

**The first step is speaking to someone who is there to listen.**

We offer free one-to-one mentoring to families living in Glasgow City, North Lanarkshire, South Lanarkshire, Renfrewshire, Inverclyde and Scottish Borders.

We can help your family overcome challenges through:

- One to One tailored support
- Confidence and Motivation
- Life Skills & Goal Setting
- Planning for the Future
- Introducing you to resources in the Local Area
- Connections to other services and support
- Improving or gaining employment skills

**Your Life, Your Goals, Your Support**  
**Take the first step. Reach out today.**

Delivered by the Wise Group  
on behalf of  
The Scottish Government



**0141 303 3131 (option 8)**

**[www.rms-thewisegroup.co.uk](http://www.rms-thewisegroup.co.uk)**

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**Mentoring to lift people out of poverty**

