

Help finding work in Aberdeen

Contact Details	Opening Times	Support provided
Bethany Trust Aberdeen Central Library Adult Learning (Mezzanine Floor) Phone: 01224 658773	Friday 10am – 1pm	Gain new skills, use a computer, confidence building, reading and writing, team work, planning, communication skills
Pathways 26B Manor Avenue Phone 01224 682939	Please phone for details	One to one sessions to help you identify the key steps towards getting back to work. Focus on looking for the job or training that is right for you.
Momentum Skills South Migvie House 23 North Silver Street Phone: 01224 625580	Please phone for details	Group and individual sessions in personal development, cognitive rehabilitation and employability. Help to assess your own progress and ultimately return to work.