



One Parent  
Families Scotland

# Help for Single Parents in North Lanarkshire

We can help with:

- ✓ **Confidence**
- ✓ **Money concerns**
- ✓ **Employability skills**
- ✓ **Parenting skills**

and much more

**Get in touch today**

We offer:

**1-1**

**Group work**

**Crisis support**

**Wellbeing support**

Email

**[Lanarkshire@opfs.org.uk](mailto:Lanarkshire@opfs.org.uk)**

or call on

**01698 239961**

**If you are a single parent living in  
North Lanarkshire, we can help you.**