



**cmetb**

Bord Oideachais agus Oiliúna  
an Chabháin agus Mhuineacháin  
Cavan and Monaghan  
Education and Training Board

GUIDANCE

INFORMATION

EDUCATION

SKILLS

FUNDING

TRAINING

# Adult Guidance and Information Service

Free and Confidential Service

[www.cmetbadultguidance.ie](http://www.cmetbadultguidance.ie)



Rialtas na hÉireann  
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## ABOUT US

The Adult Guidance and Information Service provides free, professional and impartial guidance to adults who are considering returning to education or training.

We also offer information and advice in a friendly and supportive environment.

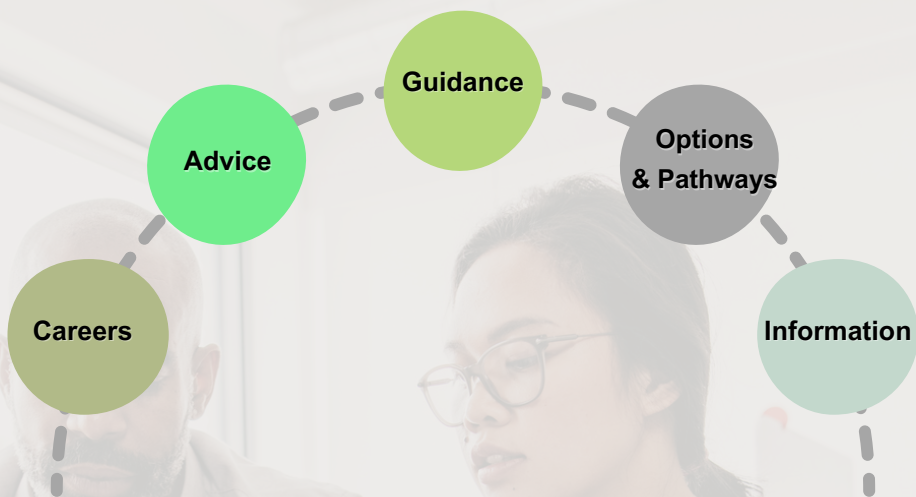
We can support adults and those aged 16+ not in school.

Fill in your details below and a member of the team will be in touch with you. Leave this at reception at any of our locations:

**Name:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Email:** \_\_\_\_\_



## WHAT WE DO

- **Career Guidance**
- **A one to one appointment service is available across counties Cavan and Monaghan and online.**
- **Assistance in completing both further and higher education course applications.**
- **Advice and Information on all aspects of returning to education as an adult.**
- **Advice on funding and financial entitlements when returning to education.**
- **CV and Interview Preparation Workshops.**

## CONTACT INFORMATION

### Monaghan

Telephone: 047 30800

Text/WhatsApp: 087 2986861

Email: [monaghanguidance@cmetb.ie](mailto:monaghanguidance@cmetb.ie)

### Carrickmacross

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Text/WhatsApp: 087 6406347

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### Cavan

Telephone: 049 4377001

Text/WhatsApp: 087 1161627

Email: [cavanguidance@cmetb.ie](mailto:cavanguidance@cmetb.ie)

### Ballyjamesduff

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