

Workforce Solutions

A proud partner of the american^{star}jobcenter[®] network

*Do you need helping finding
or maintaining employment?
Interested in job training but
not sure where to start? Are you
facing barriers that prevent you
from having career success?*

WE

CAN

HELP!

**Employment programs are available
in York, Cumberland, Sagadahoc,
Lincoln, Knox and Waldo counties.**

Workforce Solutions operates programs throughout southern Maine that help individuals:

- Identify career goals and build achievable plans
- Overcome barriers to employment
- Pursue occupational or on-the-job training
- Connect to high-quality job opportunities
- And much more!

Whether you are a youth/young adult in need of assistance, a laid-off worker, have inconsistent work history, or are disengaged from the workforce, contact Workforce Solutions today to learn more about program eligibility and services.

When should I reach out?

- If you're not sure how to start on a career pathway
- If you've had trouble finding or maintaining employment
- If you need help with the costs of an occupational training

Who should I contact?

Sarah Overlock

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Call 207-930-7047 TTY: Maine Relay 711

www.workforcesolutionsme.org

All Workforce Solutions programs and services are funded by U.S. Department of Labor Employment and Training Administration grants, awarded to and managed by Coastal Counties Workforce, Inc., the Local Workforce Development Board for Maine's six coastal counties. Workforce Solutions provides equal opportunity in all employment and training programs. Auxiliary aids and services are available to individuals with disabilities upon request.