

Youth & Young Adult

Programs Dedicated to Help Youth Ages 16-24:
Career Advising & Navigating Life!



WHO WE ARE

Workforce Solutions has programs designed to help unemployed or underemployed individuals re-enter the workforce or obtain a new career path. Workforce Solutions serves all of York, Cumberland, Sagadahoc, Lincoln, Knox, and Waldo counties.

OUR RESOURCE TEAMS

CAREER ADVISORS

Career Advisors can assist their clients with a wide range of work and life-related categories including assisting with skills training and certifications, writing resumes, practicing interviewing techniques, financial assistance, and more.

LIFE NAVIGATORS

Life Navigators help clients access and navigate many community-based resources that may be available. They can help in many life-related categories including exploring accessible transportation options and providing referrals for professional services like Medical and Mental Health Providers.

RESOURCES

- Life Navigation Support
- Individual Employment Counseling
- Employment Skill Training
- Job Search Assistance
- Direct Work Experience

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Intake Coordinator

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Call Now!

(207) 930-7047

TTY: Maine Relay 711



Our Locations

190 Lancaster St. Suite 200
Portland, ME 04101

15 Starrett Dr. Suite F
Belfast, ME 04915

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