



WE HELP YOU(TH)

ARE YOU OR SOMEONE YOU KNOW
BETWEEN THE AGES OF 16 - 24?

Workforce Solutions offers employment and training programs for job seekers
in York, Cumberland, Sagadahoc, Lincoln, Knox, and Waldo Counties.

WORKFORCE SOLUTIONS HAS RESOURCES AVAILABLE!

- Job Search Assistance
- Life Navigation Support
- Occupational Skill Training
- Paid Work Experience
- Financial & Digital Literacy



 **Call Us Now! (207) 930-7047**
intake@workforcesolutionsme.org
TTY: Maine Relay 711

WWW.WORKFORCESOLUTIONSME.ORG

All Workforce Solutions programs and services fully 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.

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

Sarah Overlock
Intake Coordinator

intake@workforcesolutionsme.org



Call Now!

(207) 930-7047

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Our Locations

190 Lancaster St. Suite 200
Portland, ME 04101

15 Starrett Dr. Suite F
Belfast, ME 04915

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