

# Workforce Solutions

A proud partner of the american<sup>star</sup>jobcenter<sup>®</sup> 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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207-930-7047

[www.workforcesolutionsme.org](http://www.workforcesolutionsme.org)

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