

FREE Career Development Course for Young Adults!

Are you a young adult with lived experience of a mental health condition?

Are you interested in pursuing your goals around school and work?

Do things get in the way of pursuing those goals, like low energy, feeling forgetful or stuck?



HYPE can HELP!!

What is HYPE?

Helping Youth on the Path to Employment (HYPE) will provide flexible, solution-focused, career-oriented services based on your needs and preferences including but not limited to:

- ✓ Finding out what you want to do
- ✓ Getting a job
- ✓ Enrolling in and completing college or vocational-technical programs
- ✓ Securing academic funding

Visit our website:

umassmed.edu/hype/hype-course-in-ma/

Is HYPE right for me?

We are seeking young adults passionate about working on employment and education skills to participate in a **FREE** 12-week HYPE career development course **beginning in June!**

Location: TRACS/SEP Program, 8 Hancock Court, Quincy MA

Accessible by Quincy Bus 238 and close to Quincy Center T Station

When: Weekly, from June 14th-September 13th

Time: Friday's from 12:00-3:00pm

****Free Lunch Provided****

Interested in learning more & registering?!

- Contact HYPE facilitator (Amanda) to RSVP:

- Text/Call: 781-454-6247

- Email: Amanda.costa@umassmed.edu

- RSVP Online:

<https://www.surveymonkey.com/r/HYPECourse>

We look forward to hearing from you!

This HYPE training is offered by The Transitions to Adulthood Research and training Center in partnership with The Massachusetts Department of Mental Health

