

Young Adult Career Development Courses!

Are you a Young Adult with lived mental health experience?

Are you interested in pursuing your school, career, or work goals?

Do you want to meet other Young Adults to share experiences and learn together?



What is HYPE?

Helping Youth on the Path to Employment (HYPE) is offering **FREE** virtual courses for MA residents seeking to return to school, work, or identify their career. We can help you prepare for your success! HYPE will help you...

- ✓ Understand your school, career, and work interests
- ✓ Plan for your career aspirations using SMART goals
- ✓ Give you necessary tools/ skills to be successful after high school

Join HYPE!

We are seeking young adults (18-30) from MA who want to explore their school, career, and work goals! Participants may enroll in **FREE** 6 - 7 week courses.

Courses will be offered in Fall 2021 and through Winter/ Spring of 2022. Check out our HYPE website for more information regarding course offerings and schedules.

<https://www.umassmed.edu/hype/hype-course/>

For more information email
HYPE@umassmed.edu

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

