

# \*FREE\* Young Adult Career Development Courses!

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

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

Do you wish you could get together with other young adults to learn and share experiences?



## What is HYPE?

Helping Youth on the Path to Employment (HYPE) is offering **free** virtual courses for Massachusetts residents to help you figure out a career, prep for getting a job, and set you up for success in school:

- ✓ Career Decisions
- ✓ HYPE Work Prep
- ✓ HYPE School Prep

If you want to assess your career goals, or prepare for work and school, HYPE may be for you!

## Visit our website:

[umassmed.edu/hype/hype-course-in-ma/](http://umassmed.edu/hype/hype-course-in-ma/)

## Is HYPE right for me?

We are seeking young adults (18-30) from MA who are passionate about careers, work, and school to participate in **FREE** 6-7week HYPE career development courses!

**Location:** Virtual offerings available for Spring/Summer 2020.

### When:

Career Decisions: Wednesdays, 12:30-2:00

HYPE Work Prep: Wednesdays, 3:00-4:30

HYPE School Prep: Fridays 2:00-3:30

Join our Information Sessions during the first class!

**REGISTER** for Info about when Courses Start, and More!

## Interested in learning more & registering?

- Register for the Course:
  - <https://tinyurl.com/hypcourse20>
- Contact us:
  - **Text/Call Debbie:** 774-312-6905
  - **Email:** [HYPE@umassmed.edu](mailto: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

