

What do I need?

Available Resources

- I need to apply for Unemployment Insurance Benefits → Call 877-626-6800 or Visit a Career Center to meet with a UI Specialist
- I have questions regarding my Unemployment Insurance claim → Call 877-626-6800, or visit the web: www.mass.gov/dua
- I need help with obtaining Health Insurance → Call 877-623-6765 or visit the Mass Health Insurance Connector website: www.mahealthconnector.org
- I need help in obtaining food stamps and/or cash assistance → Call 866-950-FOOD (3663) Supplemental Nutrition Assistance Program (SNAP)
- I need help with energy and/or fuel assistance → Call 800-632-8175, or visit the web www.mass.gov/dhcd
- I need to obtain information regarding child care assistance → www.eec.state.ma.us/index.aspx Department of Early Education and Care Phone: 617-988-6600
- I need help in understanding credit, financial and mortgage liabilities → Visit the web: www.mass.gov/ago and type in Credit and Finance under SEARCH
- Will I lose my unemployment benefits while attending school? → Visit the web: www.mass.gov/dua and type in Section 30 under SEARCH

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- I am a Veteran and would like to know what services are available → Meet with a Veteran Representative; visit www.mass.gov/veterans
- I lost my job due to my company moving overseas → Meet with a TRADE program Counselor at a One Stop Career Center
- I am a Youth age 18-24 → Meet with a Youth Counselor at a One Stop Career Center
- I have a disability or barrier to employment → Adaptive equipment, individual assistance and agency referrals available
- Other → Resource Info here

J O B S E A R C H

What do I need?

- I need help getting started with my job search → Visit a A Ugg< JfY 7UFYYf 7YbhYf
- I need help writing / updating a resume or cover letter → Visit a A Ugg< JfY 7UFYYf 7YbhYf
- I need to learn how to use the internet for job search → Visit a A Ugg< JfY 7UFYYf 7YbhYf
- I need to research the labor market for new opportunities → Visit a A Ugg< JfY 7UFYYf 7YbhYf
Websites: <http://masscis.intocareers.org/> ; <http://online.onetcenter.org/>
- I need help preparing for my interviews → Visit a A Ugg< JfY 7UFYYf 7YbhYf
- I need help finding what careers fit my interests and skills → Visit a A Ugg< JfY 7UFYYf 7YbhYf
Websites: <http://masscis.intocareers.org/> ; <http://online.onetcenter.org/>
- I need advice on how to network → Visit a A Ugg< JfY 7UFYYf 7YbhYf
Websites: www.linkedin.com
- I need help understanding my talents and marketing them to employers → Visit a A Ugg< JfY 7UFYYf 7YbhYf

Available Resources

U P G R A D I N G S K I L L S

What do I need?

- I lack computer skills and want to learn to use a computer → A Ugg< JfY Career Center Workshop > Intro to Computers
- I need to update my MS Office skills or practice typing → Visit a A Ugg< JfY Career Center
- I am interested in starting my own business → Small Business Administration (SBA) Overview Websites: www.sba.gov
- I would like to finish my GED and/or improve my English skills → Visit a A Ugg< JfY Career Center
- I need help updating my skills to be competitive in today's Job Market → Visit a A Ugg< JfY Career Center
- I need a career change → A Ugg< JfY 7UFYYf 7YbhYf Workshop > An Overview to Training
- Other → Resource Info here
- Other → Resource Info here

Available Resources