

## *What if I am unsure about what I want to do?*

If you are unsure what you want to do with your future, there are resources in Maine that can help you to discover your strengths, interests, and skills. You can talk with your caseworker, youth transition worker, foster parent, guidance counselor, or other trusted adult to search for the program that best meets your needs and interests.

### **Maine CareerCenters**

Staff can help with career planning, resume writing, job skills development and job searches. ([www.mainecareercenter.com](http://www.mainecareercenter.com)). Some youth are eligible for vocational rehabilitation services through the Career Center. These services help people who have physical, mental, or emotional challenges to get and keep a job.

#### **Region 1**

Calais CareerCenter- Phone: 207-454-0349 or 1-800-543-0303

Machias CareerCenter- Phone: 207-255-1900 or 1-800-292-8929

Presque Isle CareerCenter- Phone: 207-760-6300 or 1-800-635-0357

#### **Region 2**

Tri-County (Bangor) CareerCenter- Phone: 207-561-4050 or 1-888-828-0568

#### **Region 3**

Augusta CareerCenter- Phone: 207-624-5120 or 1-800-760-1573

Lewiston CareerCenter- Phone: 207-753-9000 or 1-800-741-2991

Skowhegan CareerCenter- Phone: 207-474-4950 or 1-800-760-1572

Wilton CareerCenter- Phone: 207-645-5800 or 1-800-982-4311

#### **Region 4**

Southern Midcoast (Brunswick) CareerCenter- Phone: 207-373-4000 or 1-800-836-3355

Portland CareerCenter- Phone: 207-771-5627 or 1-877-594-5627

Rockland CareerCenter- Phone: 207-596-2600 or 1-877-421-7916

Springvale CareerCenter- Phone: 207-324-5460 or 1-800-343-0151

### **Adult Education**

Adult education services may provide training and certificate programs to help you prepare for a career. Contact your local school department for more information.

### **Maine Job Corps**

The Job Corps provides training and preparation for a career, opportunities to earn a high school diploma or GED if needed, and provides students with housing, meals, and basic health care—**all at no cost to students**. There are two locations in Maine:

Loring Job Corps in Limestone

Tel: 207-328-4212

<http://loring.jobcorps.gov>

Penobscot Job Corps in Bangor

Tel: 207-990-3000

<http://penobscot.jobcorps.gov>

*...Answers for youth in care, by youth in care*