

# Are you 14 to 24 and thinking about your future?



Could you use help getting into a good-paying career? Let a free CCMEP Career Coach help! Your CCMEP Career Coach can help you chart a path to a better future!

## What can a Career Coach offer?

- Paid Work Experience(s)
- Career Planning
- Goal Planning
- Internships
- Dropout Recovery/GED Services
- Training
- Mentoring
- Drug and Alcohol Support
- Child Care
- Transportation
- **MUCH MORE!**

## Am I eligible?

You may be eligible if you are ages 14-24 *and* one or more of the following:

- Low-income
- A parent, with or without custody
- Pregnant
- Currently or formerly in foster care
- Homeless or a runaway
- A minor or living with minors
- Disabled
- Need a GED or high school diploma
- Receive cash assistance through Ohio Works First
- Have a remedial math or reading level

## How can I get a Career Coach?

- Visit [jfs.ohio.gov/owd/CCMEP](http://jfs.ohio.gov/owd/CCMEP)
- Email [CCMEPQNA@jfs.ohio.gov](mailto:CCMEPQNA@jfs.ohio.gov)
- Or visit your nearest **OhioMeansJobs** center or county department of job and family services. To find your local agency, visit [jfs.ohio.gov/county](http://jfs.ohio.gov/county).

## What are the requirements?

- Team up with your **Career Coach** to create life and career goals.
- Spend about 20 hours a week working toward your goals.
- Keep in touch with your **Career Coach**.

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John R. Kasich, Governor,  
State of Ohio

Cynthia C. Dungey, Director,  
Ohio Department of Job and Family Services

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