

FREE help if you are getting Food Stamps!



Call a SkillUP Coach today!

660-476-2185

Employment & Training Team

For more information: <https://mydss.mo.gov/food-assistance/missouri-employment-training-program>

Crystal Yoakum: Bates, Cass, Cedar, St. Clair & Vernon Counties

EXT: 1808

Melissa Blackburn: Benton, Henry, Hickory & Morgan

EXT: 3141

SkillUP is a program for Food Stamp recipients to gain skills, training or work experience. SkillUP is FREE through our partners and can help prepare you for a job that can raise your income.

How can **SkillUP** help?

- SkillUP coaches know employers who are ready to hire you!
- SkillUP can pay for the training you can't afford. Classes are offered that work around your schedule and can be finished in as little as a few weeks.
- SkillUP coaches can help with your resume and interviewing skills.
- SkillUP can help pay for transportation to work.
- SkillUP can help pay for the uniform or other items you need to start employment.