

BRIGHT HARBOR HEALTHCARE

# HYPE

## HELPING YOUTH PREPARE FOR EMPLOYMENT

Assists out of school youth participants ages 16-24 residing in Ocean County in gaining knowledge, skills, training, and individual assistance in finding, gaining, and retaining employment.

### FREE INDIVIDUALIZED VOCATIONAL SUPPORTS:

- Mental health and wellness services
- Career Exploration
- Work readiness training
- Industry valued credentials
- Job Coaching
- Skill building workshops and trainings
- One-on-one training support
- Group workshops and activities for empowerment, self-care, and wellness
- Community service/volunteer opportunities



Difficulty coping with with feelings of overwhelm?

Not knowing what direction to take for education or employment?

**WE CAN HELP!**

Services Offered:  
In-Person, Virtual,  
or Hybrid

For More Information:

732-349-5550 ext 181  
[hype@brightharbor.org](mailto:hype@brightharbor.org)



**Bright Harbor  
Healthcare**



**Mental Health  
Association in  
New Jersey, Inc.**