

## JOBS PLUS PROGRAM

- Paid work time
- Paid training time
- Earned Income Credit
- Personal Educational Fund
- Gain Experience
- Leads to permanent positions
- Learn new skills

## FAMILY SUPPORT & CONNECTIONS

- Help in finding out what is available in your community
- Assistance in helping your child be successful in school
- Referrals for help with food or clothing
- Information and referrals for family health needs
- One on one in overcoming challenges and strengthening your family

## ASSISTANCE IN APPLYING FOR SOCIAL SECURITY

- Help in Completing paperwork
- Meeting with Disability liaison
- Help in obtaining medical records
- Assistance with medical or mental health appointments
- Assistance with SSI hearings process

## SHORT TERM TRAINING

- CNA Classes
- Flagger Classes
- Computer Classes
- One Year Certificate Courses

## HELP WITH OTHER SERVICES

- Information on rental assistance programs
- Assistance in finding child care
- Referral to Head Start
- Referrals to Section 8
- Referrals to CAPECO for heating or housing assistance

### Milton-Freewater Case Managers

- Dianna Ilaoa 938-6627 ext 225
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Dept of Human Services  
309 North Columbia  
Milton-Freewater, OR 97862

Blue Mt Community College  
311 North Columbia  
Milton-Freewater, OR 97862

# JOBS Program

*Helping you reach your goals*



*Milton-Freewater*

*Menu of Services*

*DHS – Self-Sufficiency  
(541) 938-6627*

*Blue Mt Community College  
(541) 938-7176*

## REACHING YOUR GOALS

*Welcome to the Milton-Freewater JOBS Program. Below are some examples of services for you to choose from to help you achieve your goals while in our program.*

### JOB SEARCH ASSISTANCE

- Referrals to current jobs
- Assistance in writing resumes
- Learn new Interviewing skills
- Assistance in completing job applications
- Learn effective job searching techniques
- Improving skills to find and compete for jobs
- Search for jobs independently in the local community
- Discuss job opportunities with others in a group setting

**Date:** Every Mon & Wed

**Time:** 8:30 AM - 9:30 AM  
(2 hours class time and up to 10 job searches per week)

### WORK EXPERIENCE

- On-the-job training
- Develop good work habits
- Gain work experience
- Training to obtain employment
- Getting your foot in the door work at sites such as:
  - Head Start
  - Local Business
  - Community Center

- Salvation Army
- Community Centers
- *You choose a site that can work for you.*

### LIFE SKILLS CLASSES

- Develop good workplace habits
- Improve communication skills
- Understand how to keep a job
- Learn new ways to budget your money
- Tips on how to successfully dress for job interview or job searches
- Gain self-esteem
- Meet new people that could help you reach your goals

**Date:** To be arranged  
**Time:** To be arranged

### GED CLASSES

- Anyone needing to finish high school
- Tutors can be arranged for those who need it
- Class time for each subject (math, reading, writing etc.)
- Pre-testing
- Assistance in paying for classes and tests
- Open computer labs

*Must contact BMCC-M-F to schedule Orientation 938-7176*

### DOMESTIC VIOLENCE SERVICES

- Free Counseling
- Assistance in obtaining protection orders
- Safe shelter
- Help accessing other community services
- Clothing
- Assistance in completing Rental agreements
- Support groups – Every Monday 6:00 PM (*Child Care provided*)

Phone: 276-3322  
Crisis Line: 1-800-833-1161

### MENTAL HEALTH TREATMENT

- Free screening and evaluation
- Referrals to treatment
- One on one counseling sessions
- Medication Management
- Support groups
- Crisis Intervention

Contact Lifeways for appointment  
Phone (1-866)343-4473

### ALCOHOL & DRUG SERVICES

- Free screening
- Outpatient treatment
- Inpatient treatment
- Support groups
- Education regarding addiction
- Individual counseling
- Sponsors

Contact Umatilla County A & D  
Phone: 938-3988