

Employment Basics for Parents and Caregivers of Young Adults

Pathways to Employment

Your own city's department of youth opportunities ([Worcester, MA here as an example](#))

Job Corps

16 - 24 years old

Earn high school diploma or equivalent while learning a trade or job-ready skill

YouthWorks (Note: Search for "American Youthworks." "YouthWorks" is also the name of nat'l Christian org)

25 years old and younger

Summer programs

Year round programs

Signal Success Curriculum

Massachusetts Vocational Rehab (Note: Sometimes called VR, Voke. Name change coming, to "MassAbility")

Youth 13 - 22 for Pre Employment Training program (Pre-ETS)

Young adults 16+ for job training programs

Young adults 18+ may have additional options for programs and supports

Requires a referral from a psychiatrist or a medical doctor

MassHire (Note: MassHire works with different local organizations to provide programming. Check their site for the organization you should contact in your community for a local Job & Education Center for youth jobs)

NextGen Careers 18 - 30 years old, for disabled young adults in Lawrence, Lowell, Boston, Roxbury, Braintree, Springfield, and Worcester areas

Individual Training Account (ITA) - approved training for 16 - 24 year olds who are economically disadvantaged

Massachusetts Dual Enrollment

High school students may qualify to study at local community colleges in certain trades or majors.

Requirements:

Be enrolled in a Massachusetts public secondary school or nonpublic school, including home school

Meet all course prerequisites per the policies of the participating college

Be a Massachusetts resident

May not have earned a GED or high school diploma

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Resources

[Nothing About Us Without Us Podcast:](#)

Youth CPS shares experience of getting accommodations at school and work

[Promoting Young Adult Success at School & Work Online Training:](#)

for parents and providers supporting young adults with mental health conditions at school and work.

[Share with Youth: Let's Talk about Workplace Accommodations Comic:](#)

highlights tips to help young adults ask for an accommodation at work

[Soft Skills to Pay the Bills Online Training:](#)

online training for professionals working with young people, ages 14-21

[Umass Transitions RTC:](#)

Multiple tipsheets for young adults moving into the workforce

[Job Accommodations Network ADA Directory:](#)

Online directory of Americans with Disabilities Act information, accommodations, etc.

[Inappropriate or Illegal Questions \(Massachusetts\)](#)

Mass.gov information about laws about hiring employees.

[Cover Letters: Youth Central, State Gov't of Victoria](#)

Pointers and examples for cover letters with and without job experience

[Interviews: Youth Central, State Gov't of Victoria](#)

Pointers and strategies for doing well in interviews (note: the "illegal and inappropriate questions" will vary US state to state; Please check your own state.gov for information.)

[Resumes: Youth Central, State Gov't of Victoria](#)

Pointers and examples for resumes including with and without job experience

Parent/Caregiver Support

No sign up required for most groups. Groups that do require registration or booking include an email but are not clickable



Questions?
parentsupportgroup@PPAL.net



ASK THE ADVOCATE

VIRTUAL / PHONE
BY APPOINTMENT

parentsupportgroup@ppal.net

MONDAY

Grupo de Apoyo Hispano
VIRTUAL
martes
10:00 AM - 12:00 PM

Parents Raising LGBTQIA+ Children
VIRTUAL
6:00 PM - 8:00 PM

North Central MA Caregivers of Teens and Young Adults
IN PERSON & VIRTUAL
5:00 PM - 7:00 PM

TUESDAY

North Central MA Family Support Group
IN PERSON & VIRTUAL
5:00 PM - 7:00 PM

CLICK FOR MORE INFO! 

Click support groups to get zoom link unless otherwise indicated

WEDNESDAY

Parent Support Group
VIRTUAL
11:30 AM - 1:30 PM

Caregivers of Teens and Young Adults
VIRTUAL
6:00 PM - 8:00 PM

THURSDAY

Grandparents Connections
VIRTUAL
2nd Thursday each month
12:00 PM - 2:00 PM

Grandparents Connections
VIRTUAL
4th Thursday each month
6:30 PM - 8:30 PM

Sibling Support Program
VIRTUAL
1st Thursday each month
**Pre-Registration Required*
emily.rubin@umassmed.edu
5:30 PM - 7:30 PM

Parent Support Group
VIRTUAL
5:00 - 7:00 PM

FRIDAY

Family Connections
VIRTUAL
12:00 PM - 2:00 PM

IN PERSON for Lynn Families and children
**Pre-Registration Required*
Email Dalene:
ptahsw@verizon.net
Every Other Friday



www.ppal.net

18 Lyman St Suite 260
Westboro MA

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