

# Are you ready for a **job** or a **better job?**



## FREE help if you are getting Food Stamps!

**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.

To find a location near you, go to  
[On.mo.gov/SkillUP](http://On.mo.gov/SkillUP)



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Missouri Department of Social Services  
**FAMILY SUPPORT DIVISION**

The Family Support Division is an equal opportunity provider and employer. The Food and Nutrition Service is an equal opportunity provider and employer. For additional information about Missouri Division of Workforce Development services, contact Missouri Job Center near you. Locations and additional information are available at [jobs.mo.gov](http://jobs.mo.gov) or 1-800-420-ROCK (7625). Missouri Division of Workforce Development is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Relay Missouri 800-735-2241.

# Your Benefits Won't Immediately Stop When You Get a Job...

## Here Is What Really Happens

### Temporary Assistance (Cash Benefits)

Once you start working, you might still be able to receive a cash benefit for up to a year, and while receiving a cash benefit you still have help from the Missouri Work Assistance (MWA) team. MWA can help with determining your next career path, transportation costs, items needed for your job, and much more.

Need help finding an MWA provider address and phone number? Go to [dss.mo.gov/dss\\_map](http://dss.mo.gov/dss_map) or call 1-855-373-4636.

### Food Stamps (SNAP)

After you get a job, you may still be able to receive food stamps. For about every \$3 you earn you will get \$1 less on your EBT card. This is because your job will now provide you with money. While receiving food stamps, SkillUP coaches can help you with transportation costs, items needed for your job, and coaching.

Need help finding a SkillUP coach? Go to [mydss.mo.gov/food-assistance/missouri-employment-training-program](http://mydss.mo.gov/food-assistance/missouri-employment-training-program) to find a provider in your area, or call 1-855-373-4636.

### Child Care

If you are now receiving child care, you may continue to receive the same benefits up to one year after you get a job. If you are not getting child care, you can apply for benefits at [dss.mo.gov/fsdc/child-care](http://dss.mo.gov/fsdc/child-care)

### Medicaid

If you now receive or have received MOHealthNet for Families for at least three of the last six months, you may qualify for transitional benefits for up to a year. To find out more, go to: [mydss.mo.gov/healthcare](http://mydss.mo.gov/healthcare)





## CDL Training

Three Rivers College is excited to announce CDL job training to qualified\* Food Stamp recipients. (SNAP)

This five-week training program includes:

- Trucking basics using interactive computer programs.
- Face to face classroom instruction to prepare you for the written exam to receive your permit.
- Driving training with experienced, long time over the road truck instructors.
- Taking your Missouri CDL licensing exam!

The SkillUp grant provides this training free to you, which may include childcare and gas credits if you are eligible. \* Other eligibility requirements apply.

If you are interested in this training, please contact me for more information.

I look forward to hearing from you!

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