

Our Partners



Questions?

For more information, call the FSD Information Line at **855-FSD-INFO (855-373-4636)** or visit us online at: mydss.mo.gov/skillup-program



Our Mission

Empower Missourians to live safe, healthy, and productive lives.

DISCLOSURE NOTICE: If the vendor provides any "personal information" as defined in §105.1500, RSMo concerning an entity exempt from federal income tax under Section 501(c) of the Internal Revenue Code of 1986, as amended, the vendor understands and agrees that it is voluntarily choosing to seek a state contract and providing such information for that purpose. The state will treat such personal information in accord with §105.1500, RSMo.

The Department of Social Services is an equal opportunity provider and employer.

The Food and Nutrition Service is an equal opportunity provider and employer.

Auxiliary aids and services are available upon request to individuals with disabilities.

Call **711** for Missouri Relay Services

IM-4 SkillUP (Rev. 09-22)



Your future, Our Support.



About SkillUP

What is the SkillUP Program?

SkillUP is a free program that helps SNAP recipients get help with skills, training, and employer connections to get a job (or a better job).

A SkillUP job coach will work with you to create an individual plan to help you reach your career goals.

How do I get Started?

SkillUP is offered free of cost through a number of agencies across Missouri. To find a provider near you, visit: tinyurl.com/mydss-mo-skillup-map

Do SNAP recipients have to do SkillUP?

Able Bodied Adults without Dependents (ABAWD) need to complete hours to keep getting SNAP benefits.

To find out more about the ABAWD criteria, visit: mydss.mo.gov/skillup-program



[myDSS.mo.gov/skillup-program](https://mydss.mo.gov/skillup-program)

How can SkillUP help me?

SkillUP may be able to help you:

- Get skills you need through workshops and classes
- Pay for short-term training and certifications
- Pay for some daycare, work or training costs
- Help you pay for uniforms or items for your first day
- Understand your job skills and what you are interested in
- Update or create your resume so employers can see your skills
- Connect you with employers



Success Stories

“The SkillUP program is great! I love that it helped me find my way when I felt there was no other way or other help out there.”



“You should definitely explore SkillUP’s program. It is worth it when you are trying to invest in yourself to make a better life for you and your family. I don’t see it as a handout, but a hand up as you climb your way to a better life.”

