



THE EARLY STEPS PROJECT IS BACK!

It's almost time for your next Early Steps Survey!

Can you believe that your family joined the Early Steps Research Project 20 years ago? It has been a wonderful experience to watch you mature and grow over the years and now transition into adulthood.

We are pleased to report that 81% of families who enrolled at age 2 completed an age 19 interview or survey! Thank you! We hope you will choose to continue to participate in Early Steps Research!

What will I be asked to do for Early Steps this year?

- ✓ Complete a survey about your well-being, behavior, family life, and other topics
- ✓ The survey will take about 60 to 90 minutes of your time
- ✓ You will receive \$75 for your participation
- ✓ You will receive \$10 if you call us to update your contact information
- ✓ We will contact you sometime around your 22nd birthday when it is time for your survey

Call us today to update your contact information so we know where to send your survey!

Call us: site phone number Text us: site text number

Email us: esteps@ori.org Find us on Facebook

Didn't get us? Leave us a message or note and we will get back to you ASAP

~~~Young Adult Resources~~~

Physical Health & Nutrition

Move Your Way has tips and tricks for getting and staying physically active and healthy eating

<https://health.gov/moveyourway>
<https://www.nutrition.gov/topics/exercise-and-fitness>

Career One Stop

For information about jobs, training, career resources or unemployment benefits:

1-877-872-5627
<https://www.careeronestop.org/GetMyFuture/default.aspx>

Housing Resources

U.S. Department of Housing and Urban Development provides resources and support to meet your housing needs

<https://www.hud.gov/>