

# EARLY STEPS IS BACK!

It's almost time for your next Early Steps assessment...



## **You and your family joined the Early Steps Project 22 years ago.**

We appreciate you continuing to work with us as we learn about a variety of life experiences.

We are pleased that so many people completed the survey at age 22. The information that we collect is incredibly valuable. Your participation makes a huge difference. Thank you so much!

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

- Complete a 60–90 minute video interview about your mental health, including feelings of sadness or worry
- Complete a 45 minute online survey about your emotions, health and well-being
- You will receive \$150 for your participation**

## Contact us today to update your contact information and schedule your interview!

Call or text: 434-207-2225 Email: [earlysteps.uva@gmail.com](mailto:earlysteps.uva@gmail.com)  
<https://www.facebook.com/EarlyStepsProject>

### ~~~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>

#### 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 & support to meet your housing needs

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

UPDATE YOUR CONTACT INFORMATION  
WITH US SO WE CAN REACH YOU!



University of Virginia  
Early Steps Project  
P.O. Box 400400  
Charlottesville, VA 22904

**ADDRESS SERVICE REQUESTED**

ADDRESS LABEL