PROBLEMS? CONCERNS? REACH OUT TO YOUR SUCCESS COACH

LORI FILAINE, 330-641-3000

YOUR SUCCESS COACH IS HERE TO HELP YOU WITH LIFE CHALLENGES:

• Life skills

- Budgeting and financial planning
- Public assistance: food stamps, medical, rent/ utility assistance
- Transportation, car repairs and temporary carpool
- Drug treatment
 referrals
- Workplace conflict and aggression resolution
- Counseling referrals
- Tuition assistance referrals

INSIDE THIS ISSUE:

- Having Fun &
 Saving Money
- Medina County
 Career Center
 FREE Tuition
- Monthly Workshop

MEDINA COUNTY EMPLOYMENT SUPPORT NETWORK

Successful Solutions

With Christmas just around the corner...are you looking for ways to

HAVE FUN & SAVE MONEY?

Having Fun for Free Can Prevent Impulse Buying



Walking your dog in nature



GAME NIGHT WITH FRIENDS







```
HIKING IN NATURE
```

FREE TUITION!





Unlock your potential and achieve

- a thriving career ...
- tuition-free career development,
- training, industry certifications,
- and professional development
- ...through Adult

Education's <u>Free Tuition</u> Initiative!

SUCCESSFUL SOLUTIONS - PAGE I



OCTOBER 19, 2023

10-11:30AM

OHIO GUIDESTONE VICTORIA GALLAGHER

SERVICES PROVIDED AND HOW TO

RECEIVE THEM



ABOVE Meeting ID: 857 9706 3842

Passcode: 859524



ABOUT THE SUCCESS COACH:

Lori Filaine has a degree in Psychology from the University of Akron and is a Board-Certified Mental Health Coach and Certified Grief and Bereavement Counselor.

Need help or services? Please reach out and REMEMBER services are provided free of charge.

CALL: 330-723-2229 x2024 CALL OR TEXT: 330-641-3000

EMAIL: lfilaine@cawm.org

IT'S THAT TIME AGAIN...

SIGN UP NOW



Welcome to

Email: medina.oh@toysfortots.org Michael Smiechowski

Medina County Toys for Tots

Local Coordinator

PLEASE CONTACT THE SUCCESS COACH IF YOU HAVE SUGGESTIONS ON WORKSHOPS, TOPICS OR AGENCIES YOU WANT TO KNOW MORE ABOUT.

The Success Coach is available to employees of participating agencies, through a partnership between Community Action Wayne/Medina and the Medina County Board of Developmental Disabilities