

## What Are Your Dreams? Determine Your Needs

Challenges at home or work may leave you finding it difficult to concentrate on work, getting to work, or wanting to be at work. You may feel that something needs to change in order for you to improve your life, but perhaps you don't know where to start. Your Success Coach can help prioritize challenges you may have and find solutions.

**Basic needs.** Do you need help with necessities that could easily lead to an emergency situation? Your Success Coach can connect you with community and government resources.

- ◆ Housing
- ◆ Utilities
- ◆ Food
- ◆ Clothing
- ◆ Transportation
- ◆ Healthcare
- ◆ Childcare

**Workplace needs.**

Do you have thoughts of leaving your job? Your Success Coach can confidentially listen to work issues and



guide you toward solutions.

- ◆ Supervisor relationships
- ◆ Co-workers relationships
- ◆ Difficulty knowing how to fit into the culture

**Training and education.**

Have you dreamed about improving your knowledge and skills for better positions and pay? Your Success Coach can lead you to available programs and resources, and be available along the way.

- ◆ ESL
- ◆ GED
- ◆ Computer skills
- ◆ Specific trade or industry training
- ◆ Advanced degree

**Finances.** All of the needs discussed so far can relate back to financial needs. Once your basic needs

are met, how can you improve your life financially to afford yourself less stress and more long term stability? Your Success Coach can assist with gaining the know how to better manage your money and save for the future.

- ◆ Budgeting
- ◆ Online bill pay
- ◆ Credit counseling
- ◆ Loan and emergency savings
- ◆ College savings
- ◆ Home buying
- ◆ 401K

**Counseling.** Are you or a loved feeling overwhelmed and need help coping? Your Success Coach can provide confidential and affordable referrals for personal or family counseling.

**West Michigan Employer Resource Network**

**Our goal...**

Creating access and resources for employee success at work and in life. We partner with employees who work for:

**Member Companies**

- ◆ Aspen Surgical
- ◆ Corium International
- ◆ Holland Home
- ◆ Ranir, LLC
- ◆ Sunset Retirement Community & Services

**Strategic Partners**

- ◆ AAC Credit Union
- ◆ Kent County DHHS
- ◆ Michigan ERN

- ◆ Stress
  - ◆ Anxiety
  - ◆ Depression
  - ◆ Drugs or alcohol
  - ◆ Marital concerns
  - ◆ Issues with children
- Don't hesitate to reach out to your Success Coach for guidance, training and resource referrals. Call, text, email or stop by your Success Coach office. The path to your dreams could be one step away!

Source: Michigan ERN.

**Christie Swick, Success Coach**  
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### Member Companies & Hours

#### Aspen Surgical

6945 Southbelt Dr SE, Caledonia

- ◆ Friday: 8:30AM-5:00PM  
(1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> week)
- ◆ Friday: 7:00AM-3:30PM  
(3<sup>rd</sup> week)

#### Corium International, Inc.

4558 50th St SE, Grand Rapids

- ◆ Thursday: 8:30AM-5:00PM  
(1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> week)
- ◆ Thursday: 7:00AM-3:30PM  
(3<sup>rd</sup> week)

#### Holland Home

2100 Raybrook SE, Grand Rapids

- ◆ Wednesday: 8:30AM-5:00PM

#### Ranir, LLC

4701 East Paris Ave SE, Grand Rapids

- ◆ Tuesday: 8:30AM-5:00PM  
(1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> week)
- ◆ Tuesday: 7:00AM-3:30PM  
(3<sup>rd</sup> week)

#### Sunset Retirement Community & Services

725 Baldwin St Jenison

- ◆ Monday: 8:30AM-5:00PM  
(1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> week)
- ◆ Monday: 7:00AM-3:00PM  
(3<sup>rd</sup> week)

#### Walk-in Welcome

Call, email or text for appointments.  
Off-site meeting locations available.  
Request additional times if needed.

### Philosopher's Square

"The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do."

- Sarah Ban Breathnach

## Get Cash for Your Clutter This Spring

Success Coach Jennifer

DeGrandchamp (Livingston ERN)

recently assisted an employee with a home declutter plan. They used the resource *40 Bags in 40 Days* (ask your Success Coach for details). When people declutter, they often feel more at peace with their surroundings. Have you not used an item for over a year? Could you use some cash for things you need now? Use these tips to get cash for your clutter:

#### Clothing and furniture

**consignment.** Look for shops near you that resell items.

**Sell on eBay or Craigslist.** Clean out the basement, attic and garage.

Toys, baby gear, tools, furniture and antiques are big sellers.

**Garage sale.** Advertise your sale on Craigslist. Use balloons and signs. Ask neighbors to participate the same day to draw shoppers.

**Recycle metal.** Check for a local recycling center to cash in on old metal you don't use.

#### Virtual yard sale on Facebook.

Search Facebook with the terms "garage sale," "yard sale" or "resale" along with the names of surrounding cities to find virtual resale groups.

**Games and smartphones.** Stores like GameStop accept used video games and electronics. You can use in store credit for future gifts.

Gazelle.com is a competitive option for getting cash for used smartphones.

**Donate for a tax break.** What doesn't sell can be taken to stores like Goodwill or request a pick up. Get a donation slip for a tax deduction. *Source: Michigan ERN*

## Success Coach Helps Locate Teen Counseling

Success Coach Artie Estridge

(Michiana Bridges ERN) helped locate affordable teen counseling for an employee. This in turn relieved the employee's stress. Don't wait until the present issues develop into major problems leading to poor choices and



negative consequences. Teens can develop a healthy outlook with an improved self-image and hope for the future. Their relationships, school performance, and attitudes can improve. If your child has exhibited any of the behaviors below, teen counseling can help:

- ◆ anxious, worried
- ◆ depressed, sad
- ◆ bored, lonely
- ◆ feeling a victim of bullying
- ◆ emotionally/physically violent
- ◆ starting arguments
- ◆ destroying property
- ◆ lying, avoiding responsibility
- ◆ stealing, shoplifting
- ◆ being promiscuous
- ◆ drinking or taking drugs
- ◆ cutting, self-mutilating
- ◆ having angry outbursts
- ◆ withdrawing, secretive
- ◆ school problems, poor grades
- ◆ disrespect for authority
- ◆ missing school

Don't hesitate to call your Success Coach to help locate an affordable and confidential referral.

*Source: NewDayCounseling.org.*