



# Who is Your Success Coach?

**SUMMER 2022**

## Meet Wellness Coach, Luis Quezada!

Luis Quezada is the wellness coach for the Firelands Employer Resource Network® (FERN). He is available at member companies to confidentially help you with any issue causing stress including finances, family, transportation, childcare, co-workers, training and more.

### What are ERNs?

There are over 25 ERNs in 11 states providing member employees free access to social services and training programs. ERNs bring together the best resources to help you improve your employment skills, overcome personal barriers, and prepare you for advancement.

### Luis' background.

Luis holds a double Bachelor's Degree in Psychology and Philosophy from Arizona State University. He has extensive experience in helping others with past positions that include intervention specialist for Big Brothers Big Sisters,

Luis can assist you in:

- ◆ evaluating issues
- ◆ determining goals
- ◆ applying for public assistance
- ◆ utilizing resources
- ◆ locating tools



### Contact Your Wellness Coach

- ◆ ¡Hablo español!
- ◆ Call, email or text
- ◆ Set-up an appointment:  
<https://calendly.com/firelandsern>



crisis specialist for community mental health, and case manager for the Center for Cultural Awareness.

**What do you need to succeed?** "The most important thing to know is that I am here for YOU," said Luis. "I am here to help and be your support whether you are looking for community programs or governmental assistance. I can also assist you in developing new goals and skills."

**Less stress, more focus.** "I can help guide you and

navigate resources so that you can focus on your career," added Luis. "Nothing is too big or too small to consider. And, better yet, this program is confidential and FREE!"

### Take the first step.

Contact Luis by phone, text or email. You can also make an appointment online. What are your challenges? What are your goals? Approach your dreams step by step. *Sources: FERN; ERN USA*

### Luis Quezada, Wellness Coach

[luis@firelandsforward.com](mailto:luis@firelandsforward.com)

419-366-1396 (cell)

### Monday: Erie County

Erie Board of Developmental Disabilities  
4405 Galloway Rd, Sandusky, OH  
(ECI, REM, Ability, Renaissance employees)

◆ 8:00am-4:30pm

### Tuesday: Ottawa County

Shores & Islands, Ohio Welcome Center  
770 SE Catawba Rd, Port Clinton, OH  
(ECI, RVI, REM employees)

◆ 8:30am-11:30am

### Wednesday: Huron County

Huron Board of Developmental Disabilities  
306 S Norwalk Rd W, Norwalk, OH  
(Renaissance, CLI, REM employees)

◆ 8:00am-1:30pm  
◆ 11:30am-4:30pm  
(alternating wks)

Huron County Mental Health and Addiction

84 Benedict Ave, Norwalk, OH  
(Dave's Food Mart employees)

◆ 2:00pm-5:00pm  
◆ 8:30am-11:00am  
(alternating wks)

### Thursday: Huron County

Fisher-Titus Medical Center  
272 Benedict Ave, Norwalk, OH  
(Fisher-Titus employees)

◆ 12:00pm-6:00pm