

## JUNE 2022

Mon	Tue	Wed	Thu	Fri
<p><b>*You must RSVP for Coffee Connections and Outings Contact Bianca at 419-764-5364 or bcortes-ferreira@wernertcenter.org</b></p>		<p>1</p> <p><b>ALL DAY Activity Sign Up</b> 9:30 a.m. <b>Gardening Club</b> 11:00 a.m. DRA Support 2:00 p.m. <b>Safe Zone:</b> LGBTQ+ &amp; Allies</p>	<p>2</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. <b>DIY Popsicles</b> 11:00 a.m. Diabetes Support 12:30 p.m. <b>WMR Class 10 of 11</b> 1:00 p.m. DBSA Support</p>	<p>3</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. <b>Peer Support Class 8 of 9</b> 11:00 a.m. DRA Support 12:30 p.m. Anger Awareness</p>
<p>6</p> <p>11:00 a.m. <b>Outdoor Games</b> 11:00 a.m. <b>WRAP Graduation!</b> 12:00 p.m. Women's Peer Support 1:00 p.m. <b>Computer Workshop</b></p>	<p>7</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. Wellness Tools for Recovery 12:00 p.m. <b>Outdoor Picnic*</b></p>	<p>8</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Pride Activity</b> 2:00 p.m. <b>Safe Zone:</b> LGBTQ+ &amp; Allies</p>	<p>9</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. Diabetes Support 11:30 a.m. <b>Sandpiper Ferry Outing*</b> 12:30 p.m. <b>WMR Graduation!</b> 1:00 p.m. SA Support 2:30 p.m. Grief &amp; Loss</p>	<p>10</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. <b>Peer Support Graduation!</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Guest Speaker</b> 12:30 p.m. Stress Busters 1:00 p.m. <b>Computer Workshop</b></p>
<p>13</p> <p>11:00 a.m. <b>Guest Speaker</b> 12:00 p.m. Women's Peer Support</p>	<p>14</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. Wellness Tools for Recovery 11:00 a.m. <b>Fitness Walk and Picnic in the Park*</b></p>	<p>15</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Litter League*</b> 2:00 p.m. <b>Safe Zone:</b> LGBTQ+ &amp; Allies</p>	<p>16</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. Diabetes Support 11:00 a.m. <b>Self-Care Bingo</b> 1:00 p.m. DBSA Support</p>	<p>17</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Guest Speaker</b> 12:30 p.m. Anger Awareness 1:00 p.m. <b>Rummy Tournament</b></p>
<p>20</p> <p><b>TMWC CLOSED IN OBSERVANCE OF JUNETEENTH</b></p>	<p>21</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. Wellness Tools for Recovery 11:00 a.m. <b>Rage Painting Outing*</b> 4:30 p.m. Board of Trustees Meeting</p>	<p>22</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Carlos POCO Loco Outing*</b> 2:00 p.m. <b>Safe Zone:</b> LGBTQ+ &amp; Allies</p>	<p>23</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. Diabetes Support 11:00 a.m. <b>Root-Beer Floats &amp; Bingo</b> 1:00 p.m. SA Support 2:30 p.m. Grief &amp; Loss</p>	<p>24</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Henna Artist Activity*</b> 12:30 p.m. Stress Busters 1:00 p.m. <b>Computer Workshop</b></p>
<p>27</p> <p>11:00 a.m. <b>Pool Tournament</b> 12:00 p.m. Women's Peer Support</p>	<p>28</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. Wellness Tools for Recovery 11:00 a.m. <b>Litter League*</b></p>	<p>29</p> <p>9:30 a.m. <b>Gardening Club</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Mud Hens Game*</b> 2:00 p.m. <b>Safe Zone:</b> LGBTQ+ &amp; Allies</p>	<p>30</p> <p><b>TMWC Opens @ 10:00 a.m.</b> 11:00 a.m. Diabetes Support 11:00 a.m. <b>Coffee Connections*</b> 1:00 p.m. DBSA Support</p>	

# What's Happening at TMCWC

## Expressive Arts

Neil - 419-242-3000 ext. 111

Monday: Movement & Drama  
 Tuesday: Language Arts & Music  
 Wednesday: Visual Art (RSVP)  
 Thursday: Crafts (RSVP)  
 Friday: Open Studio

## Depression Bipolar Support Alliance

Lori - 419-242-3000 ext. 117

June 2: Depression & Anger  
 June 16: Depression & Suicide  
 June 30: Hope

## SafeZone

Callie - 419-242-3000 ext. 127

June 1: Pride Picnic (RSVP Required)  
 June 8: Guest Speaker: Nick Komives  
 June 15: Pride Craft  
 June 22: Safe Zone Bingo  
 June 29: Stonewall Remembrance Day

## Stress Busters

Donna - 419-242-3000 ext. 106

June 10: Reframing Situations to Create Less Stress  
 June 24: Moving through Stress with Body Awareness

## Gardening Club

Donna - 419-242-3000 ext. 106

June 1, 17, 24, 29: Water Plants  
 June 2: **Herb of the Month:** Lavender  
 June 3: Gnomes  
 June 7: **Food of the Month:** Cucumbers  
 June 8: Greenhouse Clean-Up  
 June 9: Organize Shed  
 June 10: Guest Speaker - Amy Stone from OSU  
 June 14, 21, 28: Guest Speaker - Jamie from Keep Toledo Beautiful  
 June 15: **Bug of the Month:** Worms (Pros/Cons)  
 June 16: **Flower of the Month:** Zinnias  
 June 22: Grow a Greener World  
 June 23: Dead Head Plants

## Women's Peer Support

Kathleen - 419-242-3000 ext. 118

June 6: Nutrition with Sarah from OSU  
 June 13: Forgiveness  
 June 20: Awe  
 June 27: Purpose

## Diabetes Support

Callie - 419-242-3000 ext. 127

June 2: Mid-Year Wellness Reflections  
 June 9: Gut Health  
 June 16: Summer Fun  
 June 23: National Hydration Day  
 June 30: Diabetes Support Bingo

## Anger Awareness

Lori - 419-242-3000 ext. 117

June 3: Anger & Physical Health  
 June 17: Anger Throughout The Lifespan

## Dual Recovery Anonymous (DRA)

Janese - 419-242-3000 ext. 120

June 1: Member Choice  
 June 3: Step Meeting  
 June 8: Principles of DRA  
 June 10: The Steps and Healing  
 June 15: Acceptance in Recovery  
 June 17: Step Meeting  
 June 22: Easy Does It  
 June 24: Setting Goals for Ourselves



## Schizophrenia Alliance

Lori - 419-242-3000 ext. 117

June 9: Coping with Bad Times  
 June 23: We are not Alone

