



PEER *connections*

A PUBLICATION OF THOMAS M. WERNERT CENTER | AUGUST 2023

TMWC BOARD OF TRUSTEES

Welcome New Board Members

Wernert Center Elects New Community Members to Board of Trustees

Thomas M. Wernert Center (TMWC) is pleased to announce the election of Crystal Heft and Raina Dawson to its Board of Trustees, effective July 1, 2023.

The board of trustees is comprised of TMWC members and community members.



**WELCOME,
CRYSTAL & RAINA!**

WE ARE PLEASED TO HAVE YOU ON
TMWC'S BOARD OF TRUSTEES.



CRYSTAL HEFT

Crystal has worked with numerous mental health organizations in Northwest Ohio throughout her career. She currently serves as the Community Development Coordinator for Aetna of Ohio, where she is responsible for developing outreach activities, special events, and programming that supports member education and health plan awareness within the Medicaid/Medicare population in Northwest Ohio. She is certified in SERVE Ohio Volunteer Engagement Fundamentals, Mental Health First Aid, and in QPR (Question, Persuade, Refer – Suicide Prevention Education Program).



RAINA DAWSON

Raina is a lifelong Toledo resident who serves as an Advocate for Advocates for Basic Legal Equality, Inc. (ABLE). She is a recent Toledo 20 under 40 award recipient and received the 2020 University of Toledo College Of Law Dean Award. She has also completed the Tax Advocacy Clinic, the Trial Practice Clinic, and the Public Service Externship.

She is very active in the community and currently serves as the Mediation Chair for the City of Toledo Human Relations Commission, is an active member of Zonta Club of Toledo 1, and the Toledo Rotary Club.

TMWC PROGRAMS

NEW SUPPORT GROUP STARTING IN SEPTEMBER

For many, trauma can be challenging to define and even more challenging to talk about and address. Responses to trauma can include persistent fatigue, sleep disorders, nightmares, fear of it happening again, anxiety focused on flashbacks, depression, and avoidance of emotions, sensations, or activities that are associated with the trauma.



“Our members have been asking for help related to trauma and its after effects,” says Janese, Member Services Director. In response, TMWC is piloting a new trauma-related peer group in September 2023.

Designed specifically for those in mental health recovery who have experienced trauma, Empowering Change will focus on self-healing and learning to take control of one’s life and emotions. Sharing emotional experiences after trauma with others facing similar challenges can enable an individual to process their emotions in a safe setting.

“Our goal is to help our members work through those things that stop them from moving forward in their recovery,” says Janese. “If we can provide our members with a path forward, while breaking down the stigma surrounding mental health recovery and trauma, then we know we are validating the experiences of members.”

CONTACT JANESE AT EXT. 120 FOR MORE INFORMATION.



TMWC AT TOLEDO PRIDE SATURDAY, AUG 19

Thomas M. Wernert Center is coming to Toledo Pride 2023!

Toledo Pride is Northwest Ohio’s largest and most recognized event for the LGBTQIA+ community. This year’s events will take place Friday, August 18 through Sunday, August 20. More than 100 local organizations are involved with the weekend’s events, and around 20,000 people come to Downtown Toledo to celebrate the festival.

TMWC will join the celebration at noon on Saturday, August 19 as part of the Pride Parade down Adams St. toward Promenade Park for the Toledo Pride Main Event, where TMWC peers will have a vendor booth from 12:00PM – 7:00PM.

Join us

Saturday, September 9th, 2023
More info coming soon...

Recovery is Beautiful Celebration



Free • Family • Fun

SAVE THE DATE

20TH ANNUAL

HALLOWEEN @ HENSVILLE

SATURDAY, OCTOBER 14, 2023

6:30PM-9:30PM



HEARTANDSOULTOLEDO.COM



PEER SUPPORT IN ACTION



Gardening fun runs all summer long!



Team TMWC is in 3rd place in the Toledo Litter League competition. Keep up the good work!



Issue Box Theatre performs "The Willard Suitcases" at TMWC. Congratulations to the cast and crew on a successful show!



The Alzheimer's Association talks to TMWC members about the importance of a healthy brain and play Brain BINGO!



Fun in the 419: A Toledo Mud Hens game and a ferry ride on the Maumee!





THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

208 W. Woodruff
Toledo, OH 43604
Phone: 419.242.3000
Fax: 419.242.0750

www.wernertcenter.org
info@wernertcenter.org

Non Profit Org.
U.S. Postage
PAID
Toledo, OH
Permit No. 175

RETURN SERVICE REQUESTED

  Follow TMWC on
Facebook and Instagram.

MISSION

To improve the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy and peer support.

BOARD OF TRUSTEES

- Deborah Riley-Jackson – President
Fair Housing Center
- Amanda Denniss – Vice President
- George Monger, CPA – Treasurer
- Evamae LaVoy – Secretary
Community Volunteer
- Jesse Baum – Glass City Academy
- Timothy Cummins – US Coast Guard Marine
Safety Office Toledo
- Raina Dawson – Advocates for Basic Legal Equality
- Crystal Heft – Aetna of Ohio
- Henry Hartford – Community Volunteer
- Troy Deters – Community Volunteer
- Warren Frary – Community Volunteer
- Georgia Humbarger – Community Volunteer
- Patricia J. Robb – Executive Director

SUPPORTED BY:




recovery together
Let's Talk About It



WEDNESDAY, AUGUST 23

**5:30 PM: OVERTHINKING?
LEARN HOW TO TAKE A BRAIN BREAK**
Overthinking is a mental habit – and like all habits, it can be broken. Learn how to remain balanced, calm, and clear, even in our busy world with all its stress and stimulation.

6:15 PM: EXPRESSIVE ARTS PROJECT

7:00 PM: DRA SUPPORT GROUP

FYI:

- ▶ Event to take place at TMWC: 208 W. Woodruff Avenue
- ▶ FREE parking
- ▶ Refreshments provided
- ▶ TMWC transportation is not available

**TO RESERVE A SPOT FOR YOU AND YOUR FRIENDS CALL:
419-242-3000, EXT. 121**