



PEER *connections*

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Ring in 2024 with TMWC!

Our wish for members of the Thomas M. Wernert Center (TMWC) is for ongoing success in your recovery efforts. We agree with C.S. Lewis: “You are never too old to set another goal or to dream a new dream.” The start of a new year is a time to look forward. The past year may not have been everything you wanted it to be, but you have persevered and survived.

TMWC is here to help you meet 2024 with hope and encouragement. If you are making resolutions and have not

already attended one of our Support Groups or Peer Education Program (PEP) classes, 2024 may be the year to challenge yourself. Stop by the front desk and ask for a brochure that lists our support groups and PEP classes. We also offer many opportunities for fitness, art, and computer skills.

Don't know where to start? TMWC Peer Supporters are here to help! Our staff is happy to help you find the right activities that work with you and your schedule.



Remember that each New Year brings 365 (366 in 2024!) new opportunities. Here's to a year filled with joy, success, and much happiness!



TMWC WINTER WEATHER POLICY

When Lucas County issues a snow emergency, TMWC uses the following guidelines to determine if it is safe to provide transportation and open the center. Please check local television or radio stations for updates on the weather.

- **LEVEL 1 SNOW EMERGENCY** – TMWC Transportation will operate.
- **LEVEL 2 SNOW EMERGENCY** – Transportation will **NOT** operate; but TMWC is open.
- **LEVEL 3 SNOW EMERGENCY** – TMWC will close immediately when a Level 3 is declared.

Setting Goals in the New Year:



The start of a new year is a great time to begin focusing on achieving new health and wellness goals. Thomas M. Wernert Center is here to encourage you to work toward achieving those goals all year long. Fitness Coordinator, Lindsay is available for guidance, advice, and support during open gym hours, five days a week. TMWC Fitness program

also offers twice-a-week stretches and dance classes on Fridays.

“Start small and stick with it. Consistency with healthy habits is key to reaching health goals,” says Lindsay.



As we all brain-storm what goals we will set this year, Lindsay offers these ideas:

- Set goals that are realistic to YOU.
- Start small. Little achievements can inspire you to keep going.
- Write down WHY you want to achieve these goals. Read it for motivation.
- Add movement or meditation to your routine for five minutes at a time.
- Eat more fruits and vegetables.
- Try new exercises or foods to keep things fun!
- Drink more water.

NEW FACES AT TMWC

Meet Maddie!

Thomas M. Wernert Center (TMWC) encourages members to get involved with the activities offered every day. Getting involved and trying new things with peers is a great way to socialize and begin breaking patterns of isolation.

As the Activities Specialist, Maddie handles the planning and facilitating of clubroom activities and outings for the members. At TMWC, Maddie also collaborates with other programs like Expressive Art, Fitness, and Computer Lab to help connect with peers and encourage them to try new things.

By participating in TMWC activities, members can relax and have fun, while also practicing new skills and building connections with others. “This center [TMWC] is special

because it is peer-driven and community-based,” says Maddie. “People learn and share ways to improve mental health in a safe and non-judgmental way that works for them.”

“The best thing about TMWC is the variety we have to offer members. There is something for everyone, and members are always excited to try something new,” says Maddie.

Maddie has introduced two new monthly activities to members: TMWC Glee Club and Knitting Circle. She has been singing and performing since elementary school and was a voice primary in college. She has always loved music and finds comfort in crafting. “These group activities have been helpful for members in the same ways they’ve also helped me,” Maddie says. Glee Club and Knitting Circle participants can grow their confidence, learn a new skill,



TMWC Activities Specialist, Maddie.

and connect with other members they may not interact with day to day. In the last few months, members have shown excitement and dedication for both groups; some even practicing their new skills outside the center!

Welcome, Maddie! We are glad you're a part of Team TMWC!

RECOVERING TOGETHER



Expressive Art celebrates the holiday season with the Trans-Siberian Orchestra (above) and snowflake paintings (below).



Participants make mini-terrariums during TMWC's 'Let's Talk About It' event.



Congratulations to TMWC's latest class of Leadership course graduates!



THOMAS M. WERNERT CENTER
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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.

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Join the Thomas M. Wernert Center

If you, or someone you know, is interested in becoming a member of Thomas M. Wernert Center (TMWC), please contact Stacey at **419-242-3000, ext. 105** for more information.

Please note that TMWC is not a clinical agency. Peer support relationships are different from clinical relationships in that they are based on mutual sharing of lived experience with mental illness.

Individuals can become an active member who participates in the many programs, services, and activities we offer if they meet the following criteria:

- You must be 18 years of age or older.
- You must live in Lucas County, Ohio.
- Have a diagnosed mental illness or are receiving mental health services.
- Be ready to begin or expand your recovery journey.