



PEER *connections*

A PUBLICATION OF THOMAS M. WERNERT CENTER | MAY 2024

THOMAS M. WERNERT CENTER

Celebrate Mental Health Month!

May is Mental Health Month and Thomas M. Wernert Center is raising awareness of the important role mental health plays in our lives. We are encouraging TMWC members and members of the community to take action toward protecting their mental health and overall well-being.

This May, TMWC will focus its efforts on helping people to:

- **LEARN** how modern life affects mental health with new resources to navigate our changing world.
- **ACT** by building a coping toolbox to manage stress, difficult emotions, and challenging situations.
- **ADVOCATE** to improve mental health for themselves, the ones they love, and their community.

If you think you may be experiencing symptoms of a mental health condition and are unsure of where to start, take a free, private mental health test at mhascreening.org to determine the next steps.

→ WHERE TO START ←

**It's always a good time
to start working on
your mental health.**

TAKE A FREE MENTAL HEALTH TEST:
[MHASCREENING.ORG](https://mhascreening.org)

Thomas M. Wernert Center offers programs to better learn, act, and advocate for better mental health. Our Peer Education Program (PEP) classes are led by peer education facilitators and materials are updated appropriately as new scientific discoveries and evidence-based practices continue to emerge.

Learn about new mental health tools and how to act on them with the Wellness Recovery Action Plan, or WRAP class. WRAP explains how to develop a daily recovery plan that embraces key concepts of hope, self-responsibility, education, advocacy,

and support. WRAP works with participants to develop a personalized wellness and crisis plan.



MAY
MENTAL
HEALTH
AWARENESS MONTH

It is important to remember that working on your mental health takes time. Change won't happen overnight. By focusing on small changes, you can move through the stressors of modern life and develop long-term strategies to support yourself and others on an ongoing basis.

New Peer Education Program Classes Starting Soon!

Are you ready to learn more about mental health, well-being, and recovery? Thomas M. Wernert Center is proud to announce two new classes to our Peer Education Program (PEP). 'The Eight Dimensions of Wellness' and 'WRAP 102: Mental Health Recovery Topics' will be starting in the summer/fall of this year.

THE EIGHT DIMENSIONS OF WELLNESS

Learn how to balance your well-being by exploring the Eight Dimensions of Wellness: physical, intellectual, financial, environmental, spiritual, social, occupational, and emotional.

WRAP 102: MENTAL HEALTH RECOVERY TOPICS

Participants take a deeper dive into the Wellness Recovery Action Plan's key recovery ideas through discussion and problem-solving of issues affecting wellness and recovery. Topics include self-esteem, motivation, peer support, reframing negative thoughts, and creating a living space and lifestyle conducive to mental wellness.

Look out for more information on these PEP classes coming soon. Sign-ups will begin in July.

CHANGES TO TMWC NEWSLETTER

Peer Connections, the monthly newsletter from Thomas M. Wernert Center, will move to an online/email format starting in July 2024.



To reduce paper use and provide more timely news to our members and supporters, Peer Connections will now be available online and sent to our subscriber's emails. Paper issues will be produced quarterly or four times a year, every three months.

To be sure you receive our online newsletters, please visit the front desk, email info@wernertcenter.org, or visit our website to subscribe to our newsletter.

recovery
together
health & resource fair

Don't Miss It!

May 10, 2024
9:30 AM – 2:00 PM
at

Thomas M. Wernert Center
208 W. Woodruff Ave.

RECOVERING TOGETHER



TMWC offers light breakfast for our members Monday through Friday. Enjoy oatmeal, a granola bar, or a banana with your coffee!



Members enjoy outings to the Motown Museum, bowling, Imagination Station, and African American Legacy Project Museum.



Fun in the sun with TMWC! Sidewalk chalk and bubble wands are a great way to get outside in nice weather.





THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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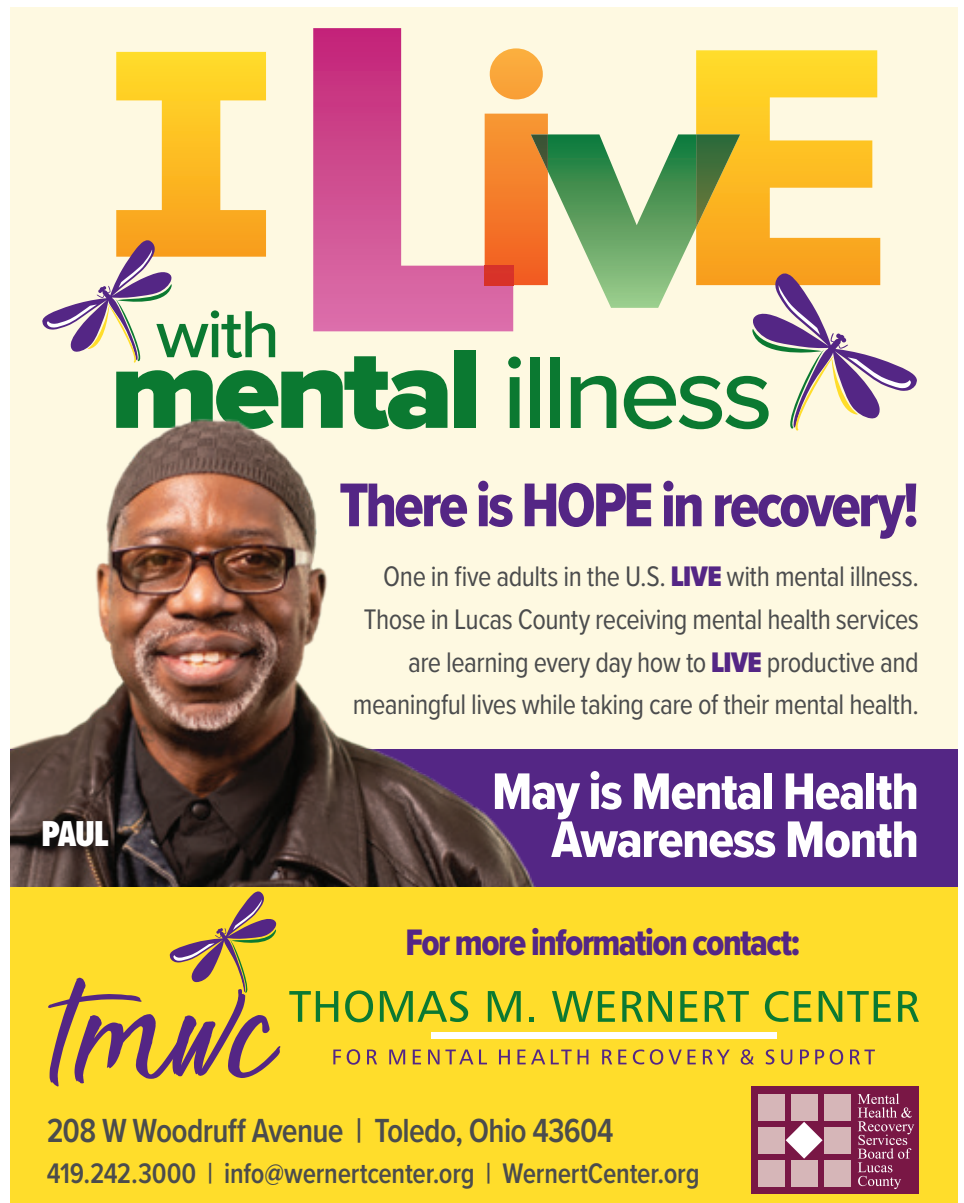
MISSION

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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I LIVE with mental illness

There is HOPE in recovery!

One in five adults in the U.S. **LIVE** with mental illness. Those in Lucas County receiving mental health services are learning every day how to **LIVE** productive and meaningful lives while taking care of their mental health.

May is Mental Health Awareness Month

For more information contact:
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PAUL

