



PEER *connections*

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Thanksgiving Gratitude



I am grateful for Thomas M. Wernert Center. This place has been a big part of my life and recovery journey. I am thankful for a place to socialize, and the opportunity to attend support groups, connect with my friends, and meet new peers. — Ron T.



I am grateful for my position at TMWC. At the front desk, I am the first person members see when they arrive and the last person they see when they leave. I love hearing about their days; it always makes mine a little brighter. — Sara D.



I am grateful for my family; to have healthy, happy, and hard-working kids. I am also grateful for my family at TMWC. At work and at home, I am surrounded by amazing people. — Rob C.



I am grateful for all of the opportunities offered at TMWC. I enjoy being involved and staying busy volunteering. When I participate in all of the awesome things to do here, it makes me feel better and boosts my confidence. — Elizabeth O.



I am most grateful to be able to live my life every day. I had to fight with everything I had to survive the diagnosis and treatment of breast cancer. I know that every day is a gift. — Joanna R.



Annual Meeting & Thanksgiving Lunch

**THE THOMAS M. WERNERT CENTER ANNUAL MEETING
FRIDAY, NOVEMBER 17, 2023 / 11:00 AM
FOLLOWED BY A THANKSGIVING LUNCHEON FOR MEMBERS**

During the annual meeting, members will have the opportunity to vote for a newly elected TMWC member to our Board of Trustees.

Thank You

HEART & SOUL

Caring for Our Community



Co-Chairs, Tony and Sally prepare to award the winners of the costume contest.

Thank you, Heart & Soul: Caring for our Community for another wonderful event benefiting the Thomas M. Wernert Center and Northwest Ohio Psychiatric Hospital. From all of us at Thomas M. Wernert Center, we are so grateful for the local community working to erase stigmas associated with mental illness.



Congratulations to the winners of the costume contest! The categories were Funniest, Scariest, Most Unique, and Best Group!

HELP TMWC FIGHT FOOD INSECURITY ON GIVING TUESDAY (AND BEYOND)



GIVING TUESDAY

TMWC is participating in GivingTuesday, the global day of unity and giving. Each day we provide our members with a safe place to make social connections, participate in meaningful activities, including expressive arts, fitness, and computer lab. We provide support group and educational classes on understanding their mental health. We provide transportation to those who need it and every Friday we provide a hot lunch. But it is not enough!

Many of our members spend the entire day with us and are hungry. Food insecurity is real. Since the pandemic, a new study states that nearly 25% of adults in the United States are food insecure. Help us feed our members. Our Giving Tuesday funds will go toward serving a daily lunch to members of TMWC.

Not only do we need your support, we need your help to spread the word. Please tell your friends and family why you believe in our work and encourage them to support us too!

YOU CAN PARTICIPATE IN THE FOLLOWING WAYS:

- Mail your check dated Tuesday, November 28 to Thomas M. Wernert Center, 208 W. Woodruff, Toledo, OH 43604 (note #Giving Tuesday on check)
- Stop by TMWC on Tuesday, November 28 with cash or check
- Visit our website www.wernertcenter.org and make a donation

Everyone has something to give and every act of generosity counts.

Join the GivingTuesday movement and reimagine a world where no one goes hungry.

RECOVERING TOGETHER



Gracie poses with her handmade ornament, made in Women's Peer support group.



Brad proudly displays his first ever mosaic art project.



A fall outing to the Toledo Botanical Gardens may be chilly, but is just as pretty!



John and Tammy exchange the wind chimes they made for each other!



Tony and Braxton at the Toledo Botanical Gardens.



Emotions Matter support group celebrated World Mental Health Day on October 10. Members received pillows embroidered with inspirational quotes to honor their commitment to their own mental health!




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.

BOARD OF TRUSTEES

- Deborah Riley-Jackson – President
Fair Housing Center
- Amanda Denniss – Vice President
Community Volunteer
- 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 – Advocataes for Basic Legal Equality
- Crystal Heft – Lucas Co. Family and Children
First Council
- 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

Sign Up for Our
Let's Talk About It Recovery Event:

Wednesday, November 29

**5:30 PM:
WINTER SLUMP?**

**6:15 PM:
KARAOKE DANCE PARTY**

- 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