

APRIL 2022

Mon	Tue	Wed	Thu	Fri
<p>*You must RSVP for Coffee Connections and Outings Contact Mikaela at 419-764-5364 or mmyers@wernertcenter.org</p>				<p>1 ALL-DAY Movies and Popcorn 9:30 a.m. Gardening Club 11:00 a.m. DRA Support 12:30 p.m. Stress Busters</p>
<p>4 11:00 a.m. Wellness Recovery Action Plan (WRAP) Class 1 of 9 12:00 p.m. Women's Peer Support 1:00 p.m. Skip-Bo Tournament 1:00 p.m. Using Social Media (Computer Lab)</p>	<p>5 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. Mental Health Literacy (MHL) Class 3 of 8</p>	<p>6 ALL-DAY Activity Sign Up 11:00 a.m. Leadership Class 2 of 9 2:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>7 11:00 a.m. Diabetes Support 12:30 p.m. WMR Class 2 of 11 1:00 p.m. DBSA Support</p>	<p>8 9:30 a.m. Gardening Club 11:00 a.m. Bingo 11:00 a.m. DRA Support 12:30 p.m. Anger Awareness 1:00 p.m. Password Workshop (Computer Lab)</p>
<p>11 11:00 a.m. WRAP Class 2 of 9 11:00 a.m. Jack Box TV Games 12:00 p.m. Women's Peer Support</p>	<p>12 11:00 a.m. Coffee Connections Outing* 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. MHL Class 4 of 8</p>	<p>13 9:30 a.m. Gardening Club 11:00 a.m. Leadership Class 3 of 9 1:00 p.m. Empowerment Ed. 2:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>14 9:30 a.m. Gardening Club 11:00 a.m. Diabetes Support 11:00 a.m. Bowling Outing* 12:30 p.m. WMR Class 3 of 11 1:00 p.m. SA Support 2:30 p.m. Grief & Loss</p>	<p>15 9:30 a.m. Gardening Club 11:00 a.m. Peer Support Class 1 of 9 11:00 a.m. DRA Support 12:30 p.m. Stress Busters 11:00 a.m. – 2:30 p.m. Spring Lunch & Egg Hunt</p>
<p>18 11:00 a.m. WRAP Class 3 of 9 12:00 p.m. Women's Peer Support 1:00 p.m. Heritage Sylvania Guest Speaker 1:00 p.m. Password Workshop (Computer Lab)</p>	<p>19 11:00 a.m. Karaoke 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. MHL Class 5 of 8</p>	<p>20 9:30 a.m. Gardening Club 11:00 a.m. Leadership Class 4 of 9 1:00 p.m. Empowerment Ed. 2:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>21 9:30 a.m. Gardening Club 11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections Outing* 12:30 p.m. WMR Class 4 of 11 1:00 p.m. DBSA Support</p>	<p>22 9:30 a.m. Gardening Club 11:00 a.m. Legal Aid Forum 11:00 a.m. Peer Support Class 2 of 9 11:00 a.m. DRA Support 12:30 p.m. Anger Awareness 1:00 p.m. Using Social Media (Computer Lab)</p>
<p>25 11:00 a.m. WRAP Class 4 of 9 12:00 p.m. Women's Peer Support 1:00 p.m. Yoga Activity*</p>	<p>26 11:00 a.m. Dollar Tree Outing* 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. MHL Class 6 of 8</p>	<p>27 9:30 a.m. Gardening Club 11:00 a.m. Leadership Class 5 of 9 12:30 p.m. DRA Support 1:00 p.m. Empowerment Ed. 1:00 p.m. Safe Zone Outing*</p>	<p>28 9:30 a.m. Gardening Club 11:00 a.m. Diabetes Support 12:30 p.m. WMR Class 5 of 11 1:00 p.m. SA Support 2:30 p.m. Grief & Loss</p>	<p>29 9:30 a.m. Gardening Club 11:00 a.m. Ping Pong Tournament 11:00 a.m. Peer Support Class 3 of 9 11:00 a.m. DRA Support 12:30 p.m. Stress Busters</p>

What's Happening at TMCWC

Anger Awareness

Lori – 419-242-3000 ext. 117
April 8: Anger as a Mental Health Symptom
April 22: Ways to Control Your Anger

Stress Busters

Donna – 419-242-3000 ext. 106
April 1: Depression and Managing Stress
April 15: Stress is Emotional Junk Food
April 29: 5 Areas Your Body Holds Stress

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117
April 14: Schizophrenia and Emotional Expression
April 28: Schizophrenia and Acceptance

Grief & Loss

Sarah – 419-242-3000 ext. 116
April 14: Coping with Grief Induced Anxiety
April 28: Communicating Our Grief

Depression Bipolar Support Alliance

Bianca – 419-242-3000 ext. 124
April 7: Exercise and Depression
April 21: Focusing on the Good: How Attitude Aids in Recovery

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127
April 6: Sexual Assault Awareness Month
April 13: Privilege and Coming Out
April 20: A is for Ace (Asexuality & Aromantics)
April 27: SafeZone Outing @ 1:00 p.m.

Diabetes Support

Callie – 419-242-3000 ext. 127
April 7: The Fear of Change
April 14: Preparing for Change
April 21: Creating a Vision for Change
April 28: Implementing Your Vision

Wellness Tools for Recovery

Sarah – 419-242-3000 ext. 116
April 5: Food Resources
April 12: How to Listen to Your Body
April 19: Health Myths
April 26: Personality

Women's Peer Support

Kathleen – 419-242-3000 ext. 118
April 4: Long Term Effects of Gaslighting
April 11: 6 Ways to Find Courage in Challenging Times
April 18: Hormones and Depression
April 25: 11 Ways to Attract Abundance in Your Life

Computer Lab Classes

Todd – 419-242-3000 ext. 114
April 4 & 22: Using Social Media
April 8 & 18: Passwords Workshop

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

Gardening Club

(9:30 a.m. – 10:30 a.m.)

Donna – 419-242-3000 ext. 106

Friday, April 1: The How-To, and To Do's – Participation of Gardening
Friday, April 8: Amy Stone from OSU (Guest Facilitator)
Wednesday, April 13: Spud Studs – Plant Potatoes
Thursday, April 14: Growing a Greener World – Compost Pedallers
Friday, April 15: National Geographic Water Crisis Video
Wednesday, April 20: Growing a Greener World – Container Gardening
Friday, April 22: Growing a Greener World – Setting Up a Garden
Wednesday, April 27: Growing a Greener World – Amend Soil
Thursday, April 28: Berry Nice – Plant Strawberries
Friday, April 29: Black Diamond Outing

Duel Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120
April 1: Step 6
April 6: Acceptance
April 8: Self Love
April 13: Love and Tolerance
April 15: Step 7
April 20: Quality vs. Quantity
April 22: Self Sabotage
April 27: One Day at a Time
April 29: Step 8