

FEBRUARY 2023

Mon

Tue

Wed

Thu

Fri

To access support group meetings from your computer,
tablet or smartphone visit:

global.gotomeeting.com/join/673795493.

You can also join via phone by dialing: +1 877-309-2073.

Use access code: 673-795-493 to join.

1
ALL DAY Activity Sign Up
9:30 a.m. Gardening Club
11:00 a.m.
Personal Leadership Class 4
12:30 p.m. DRA
1:30 p.m.
NAMI Creative Expressions*
2:00 p.m. Safe Zone:
LGBTQ+ & Allies

2
11:00 a.m. Diabetes Support
11:00 a.m.
Winter Walk Outing*
1:00 p.m. DBSA

3
9:00 a.m. Expressive Arts:
TSA Outing
10:00 a.m. DRA
10:00 a.m.
Fitness: Brains and Balance
12:00 p.m. Supper Club

6
11:00 a.m.
Mindful Monday Activity
11:00 a.m. Women's Peer Support
12:00 p.m. Men's Peer Support
12:30 p.m. Mental Health
Literacy (MHL) Class 2
1:15 p.m.
Computer: Lab Journeys

7
10:30 a.m. WRAP Graduation!
11:00 a.m. Living Well
11:00 a.m. Basketball:
Knock Out Tourney
1:00 p.m. Emotions Matter

8
9:30 a.m. Gardening Club
11:00 a.m.
Personal Leadership Class 5
12:30 p.m. DRA
11:00 a.m. Board Game Bonanza
2:00 p.m. Safe Zone:
LGBTQ+ & Allies

9
11:00 a.m.
Imagination Station*
11:00 a.m. Diabetes Support
1:00 p.m. SA

10
10:00 a.m. DRA
10:00 a.m.
Fitness: Brains and Balance
12:00 p.m. Supper Club
12:30 p.m. Stress Busters
1:15 p.m.
Computer: Lab Journeys

13
11:00 a.m.
Make Valentine's Together
11:00 a.m. Women's Peer Support
12:00 p.m. Men's Peer Support
12:30 p.m. MHL Class 3

14
11:00 a.m. Living Well
11:00 a.m. Valentine's Party
1:00 p.m. Emotions Matter
Please WEAR RED in support of
American Heart Month

15
9:30 a.m. Gardening Club
11:00 a.m.
Personal Leadership Class 6
11:00 a.m. Tic-Tac-Toe Pong
12:30 p.m. DRA
2:00 p.m. Safe Zone:
LGBTQ+ & Allies

16
TMWC OPEN AT 10 a.m.
11:00 a.m. Diabetes Support
12:00 p.m. Bingo
1:00 p.m. DBSA

17
10:00 a.m. DRA
10:00 a.m.
Fitness: Brains and Balance
12:00 p.m. Supper Club

20
11:00 a.m.
Mindful Monday Activity
11:00 a.m. Women's Peer Support
12:00 p.m. Men's Peer Support
12:30 p.m. MHL Class 4
1:15 p.m.
Computer: Lab Journeys

21
11:00 a.m. Dance Workshop
11:00 a.m. Living Well
1:00 p.m. Emotions Matter
4:30 p.m. TMWC Board of
Trustees Meeting

22
9:30 a.m. Gardening Club
11:00 a.m.
Personal Leadership Class 7
11:00 a.m. Open Mic Activity
12:30 p.m. DRA
1:30 p.m. Safe Zone:
LGBTQ+ & Allies

23
11:00 a.m. Diabetes Support
11:00 a.m. Coffee Connections*
1:00 p.m. SA

24
10:00 a.m. DRA
10:00 a.m.
Fitness: Brains and Balance
11:00 a.m. Friday Forum
12:00 p.m. Supper Club
12:30 p.m. Stress Busters
1:15 p.m. Computer:
Lab Journeys

27
11:00 a.m.
Mindful Monday Activity
11:00 a.m. Women's Peer Support
12:00 p.m. Men's Peer Support
12:30 p.m. MHL Class 5

28
11:00 a.m. Living Well 1:00
p.m. Emotions Matter
2:00 p.m.
Fitness:
Yogaja Yoga and Yogurt*

***Please contact TMWC Activities Specialist,**
Kristin Osinski, for RSVPs and questions.
Call or text (419) 764-5364

What's Happening at TMCWC



Dual Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

February 1: Keep it Simple

February 3, 10, 17, & 24: Step Meetings

February 8: Willingness is Key

February 15: Are We Passing It On?

February 22: When Pride Gets in the Way

Emotions Matter

Amy – 419-242-3000 ext. 108

February 7: Time to Talk Day

February 14: Mental Health Valentine

February 21: Positive Self Talk

February 28: Anger Dice Game

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

February 9 & 23: Health & Wellness w/ Proper Nutrition & Meds

Depression Bipolar Support Alliance

Lori – 419-242-3000 ext. 117

February 2: Depression & Diet

February 16: Food Journals - Lunch @ Balance Grille

Living Well

Sarah – 419-242-3000 ext. 116

February 7: Safety Series: Fire

February 14: Weather

February 21: First Aid & CPR

February 28: Emergency Preparation

Diabetes Support

Janese – 419-242-3000 ext. 120

February 5: Self Care

February 12: Why Do We Crave Sugar?

February 19: Stress and Food

February 26: Diabetes and Stress

Stress Busters

Donna – 419-242-3000 ext. 106

February 10: Mindfulness

February 24: Art Craft Stress Release

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

February 1: Black Heroes of the LGBTQ+ Community

February 8: Healthy Relationships

February 15: Polyamory Q & A

February 22: Grindr's Outing (RSVP)

Men's Peer Support

Rob – 419-242-3000 ext. 119

February 6: Wheel of Fortune

February 13: Heroes

February 20: Our Story

February 27: Having Fun

Women's Peer Support

Kathleen – 419-242-3000 ext. 118

February 6: Limited Budget

February 13: Journal: Self Love

February 20: Family Feud

February 27: Fancy Desserts

Gardening Club

Donna – 419-242-3000 ext. 106

February 1: Expressive Arts Collab

February 8: Video: Eating Local

February 15: Guest: Amy from OSU Extension Center

February 22: Guest: Patrick from Lucas Soil & Water

Expressive Arts

Neil – 419-242-3000 ext. 111

February 1 at 1:30 pm: Creative Expressions with NAMI

February 3 at 9:00 am: TSA Outing



Friday Forum Series

Fridays at 12:30 pm

February 24: Inclusive, Accessible, and Quality Mental Health Care

Presented by the Mental Health & Recovery Services Board of Lucas County

Computer Lab

Todd – 419-242-3000 ext. 114

Computer Lab Journeys:

February 6, 10, 20, & 24 at 1:15 pm.

Lab Journeys are activities designed to help navigate computers, the internet, and other applications.

- Explore workshops on social media, password and account security, and AI (artificial intelligence).
- Complete activity sheets to test your knowledge of computer basics.