

NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Living Well 11:00 a.m. Wellness Management & Recovery (WMR) Class 9 1:00 p.m. Emotions Matter 2:00 p.m. Yogaja Yoga*</p>	<p>2</p> <div style="border: 1px solid orange; padding: 5px; text-align: center;"> <p>Crisis Intervention Training (CIT) sessions at 9:30 am & 11:15 am</p> </div> <p>12:30 p.m. Activity Sign-Up 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>3</p> <p>12:30 p.m. Exploring Emotions (EE) Class 9 1:00 p.m. Schizophrenia Alliance (SA)</p>	<p>4</p> <p>9:00 a.m. Expressive Arts TSA Outing* 11:00 a.m. DRA 11:00 a.m. Friday Forum: Non-Emergency Transportation 12:00 p.m. Friday Supper Club</p>
<p>7</p> <p>11:00 a.m. DIY Window Mandala 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support</p>	<p>8</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Living Well 11:00 a.m. Bingo 11:00 a.m. WMR Class 10 1:00 p.m. Emotions Matter 1:15 p.m. Computer Lab Journeys</p>	<p>9</p> <p>11:00 a.m. Día de los Muerto Activity 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>10</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Metro Park Walk* w/ Lindsay 12:30 p.m. EE Class 10 1:00 p.m. Depression Bipolar Support Alliance (DBSA)</p>	<p>11</p> <p>11:00 a.m. TSA Veteran's Day Performance 11:00 a.m. DRA 12:00 p.m. Friday Supper Club 12:30 p.m. Stress Busters 1:15 p.m. Computer Lab Journeys</p>
<p>14</p> <p>11:00 a.m. Women's Peer Support - DIY Earrings w/ Bianca 12:00 p.m. Men's Peer Support</p>	<p>15</p> <p>11:00 a.m. Living Well 11:00 a.m. Mall Walk Outing* 11:00 a.m. WMR Graduation! 1:00 p.m. Emotions Matter</p>	<p>16</p> <p>10:00 a.m. Gardening Club 11:00 a.m. Family Feud 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>17</p> <p>10:00 a.m. Coffee Connections Outing* 11:00 a.m. Diabetes Support 12:30 p.m. EE Graduation! 1:00 p.m. SA 5:15 p.m. NAMI Create Now (see back for details)</p>	<p>18</p> <p>11:00 a.m. DRA 11:00 a.m. Friday Forum: International Kindness Day w/ Katie 12:00 p.m. Friday Supper Club 1:15 p.m. Computer Lab Journeys</p>
<p>21</p> <p>11:00 a.m. Annual Meeting & Thanksgiving Lunch</p>	<p>22</p> <p>10:00 a.m. SAME Café Volunteering* 11:00 a.m. Living Well 1:00 p.m. Emotions Matter</p>	<p>23</p> <p>11:00 a.m. Baking Activity 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>24</p> <p>HAPPY THAKSGIVING TMWC IS CLOSED</p>	
<p>28</p> <p>9:30 a.m. Gardening Club 11:00 a.m. DIY Clay Handprint Bowls 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support</p>	<p>29</p> <p>11:00 a.m. Giving Tuesday Activity 11:00 a.m. Living Well 1:00 p.m. Emotions Matter 1:15 p.m. Computer Lab Journeys</p>	<p>30</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Window Art Craft 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<div style="border: 2px solid black; padding: 10px;"> <p>*You must RSVP for Activity/Outings Contact Bianca at 419-764-5364 or bcortes-ferreira@wernertcenter.org</p> </div>	

What's Happening at TMWC



Dual Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

Nov. 2: Letting Go of Resentment

Nov. 4: Step Meeting

Nov. 9: The Role of Acceptance in Recovery

Nov. 11: Step Meeting

Nov. 16: Three Components of Dual Illness

Nov. 18: Step Meeting

Nov. 23: Attitude of Gratitude

Nov. 30: The Fear of Surrender
Letting Our Higher Power Lead

Living Well

Sarah – 419-242-3000 ext. 116

Nov. 1: Navigating Resources

Nov. 8: Problem Solving

Nov. 15: Effective Communication

Nov. 22: Emotional Awareness

Nov. 29: Coping Skills

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

Nov. 2: Stereotype Series: Lesbian & Gay

Nov. 9: Stereotype Series: Bi & Pan

Nov. 16: Stereotype Series: Trans & Intersex

Nov. 23: Stereotype Series: Ace & Aro

Nov. 30: Stereotype Series: Wrap Up

Emotions Matter

Amy – 419-242-3000 ext. 108

Nov. 1: Finding Your Best Self

Nov. 8: Self-Care to Relieve Anxiety

Nov. 15: Tips for Grieving

Nov. 22: Tune in with the Senses

Nov. 29: Forgiveness

Women's Peer Support

Kathleen – 419-242-3000 ext. 118

Nov. 7: Radical Acceptance

Nov. 14: DIY Earrings
(Collaboration with Activities)

Nov. 21 & 28: Movie

Stress Busters

Donna – 419-242-3000 ext. 106

Nov. 11: Benefits of Mindfulness

Fitness

Lindsay – 419-242-3000 ext. 110

Nov. 1: Chair Yoga w/ Yogaja Yoga

Nov. 10: Metro Park Fitness Walk

Strength Training Together:
Tuesday & Thursday, 12:30 - 1:30 pm.

Brains & Balance:
Friday, 10:00 - 10:30 am.

Diabetes Support

Sarah – 419-242-3000 ext. 116

Nov. 10: Meal Planning & Cooking on a Budget

Nov. 17: Thanksgiving Dessert Baking

Depression Bipolar Support Alliance

Lori – 419-242-3000 ext. 117

Nov. 3: Utilizing Support

Nov. 17: Physical Care Maintenance

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

Nov. 10: Ways to Fight Stigma

Nov. 24: Coping Skills for Symptoms

Expressive Arts

Neil – 419-242-3000 ext. 111

Daily Schedule

Session 1: 9:00 am - 10:15 am

Session 2: 11:00 am - 12:15 pm

Session 3: 1:30 pm - 2:45 pm.

Issue Box Theatre: Fridays at 11 am.
RSVP w/ Neil

Nov. 4: Toledo School for the Arts (TSA)
Student Showcase Outing*

Nov. 11: TSA Veteran's Day Performance

NAMI Create Now Workshop

Thursday, October 17 at 5:15 pm.
TMWC Clubroom

This event is hosted by NAMI Greater Toledo every third Thursday of the month.

Explore a variety of art techniques and experience the power of art.

Registration is required.
Please RSVP to Kristen Z.
at kzientek@namitoledo.org

Gardening Club

(9:30 a.m. – 10:30 a.m.)

Donna – 419-242-3000 ext. 106

Nov. 1 & 8: Guest: Sarah Schmitt,
OSU Ext. Office

Nov. 16: Guest: Amy Stone,
OSU Ext. Office

Nov. 30: Hedgehog Planter (RSVP)

Computer Lab

Todd – 419-242-3000 ext. 114

Open Lab Times

Session 1: 9:00 am - 10:30 am

Session 2: 10:50 am - 12:15 pm

Session 3: 1:15 pm - 2:45 pm

**Ask Todd about
Computer Lab Journeys.**

November 8, 11, 18, & 29
at 1:15 pm.