



# PEER connections

A PUBLICATION OF THOMAS M. WERNERT CENTER | JULY 2023

## RECOVERY THROUGH SUPPORT

### Learning from Others

**M**ental health includes our emotional, psychological, and social wellbeing. It affects our thoughts, feelings, and actions. Education is a powerful tool that not only provides clarity around mental health but can also boost confidence among those struggling with their mental wellbeing.

**Thomas M. Wernert Center offers many opportunities to help in your recovery through a variety of support groups:** For those struggling with substance use, **Dual Recovery Alliance (DRA)** support group is held on Wednesdays at 12:30 p.m. and Fridays at 10:00 a.m.

Mental health issues can often come from precipitating factors that could be specific to gender. Talking with other men/women is a great way to make connections and hear new perspectives. Monday's at TMWC include **Women's Peer Support** at 11:00 a.m. and **Men's Peer Support** at Noon.

Feeling unorganized or overwhelmed? **Living Well** and **Emotions Matter** support groups are held every Tuesday at TMWC. These two groups aid in implementing coping skills and techniques that make navigating life with mental illness easier.

**Attending a support group and interacting with others is a helpful way to form a better understanding that you are not alone in your experiences.**

## NEW FACES AT TMWC

### Meet Patty!

If you have enjoyed your Friday Supper Club these last few months, then meet Patty, our new Food Services Coordinator. Patty comes to TMWC with a variety of kitchen and restaurant experience, including serving as a server, cook, sous chef, bartender, and manager. Patty has gone out of her way to ensure everyone at TMWC is served a meal that meets their dietary needs. She has a smile and kind words for everyone.

*We're so glad she has joined the TMWC team. Welcome Patty!*



### recovery together

**Let's Talk About It**

**WEDNESDAY, JULY 26**

**5:30 PM: WELLNESS AND SELF CARE:  
TAKE CARE OF YOUR MENTAL HEALTH**

Assess your current state of wellness, gain clarity about your strengths and challenges, and develop a realistic plan for how to better care for yourself.

**6:15 PM: CHAIR YOGA BY YOGAJA**

**7:00 PM: DRA SUPPORT GROUP**

**WEDNESDAY, AUGUST 23**

**5:30 PM: OVERTHINKING?  
LEARN HOW TO TAKE A BRAIN BREAK**

Overthinking is a mental habit – and like all habits, it can be broken. Learn how to remain balanced, calm, and clear, even in our busy world with all its stress and stimulation.

**6:15 PM: EXPRESSIVE ARTS PROJECT**

**7:00 PM: DRA SUPPORT GROUP**

## DID YOU KNOW?

# July is BIPOC Mental Health Month

Each July, the mental health community honors Bebe Moore Campbell's life and legacy by recognizing BIPOC Mental Health Month. BIPOC stands for Black, Indigenous, and People of Color.

Moore Campbell was an American author and advocate. Her life's work and storytelling set the framework and foundations for much of the mental health advocacy and minority mental health advocacy in place today. This year's theme from Mental Health America is Culture, Community, and Connection.

Programs offered by TMWC appeal to multiple interests to ensure everyone feels included. Peer supporters and a clubroom atmosphere at TMWC make connecting with others easier. Having a sense of community creates a sense of support and belonging, which can reduce feelings of isolation. Individuals who have strong connections to their communities have better mental health outcomes, including lower rates of suicide, violence, and feelings of isolation. To learn more about TMWC visit [www.wernertcenter.org](http://www.wernertcenter.org).

**Strong community support** requires an overall understanding that every person deserves a healthy environment and plays a role in the wellness of those around them.



To learn more about BIPOC Mental Health Month visit [www.mhanational.org](http://www.mhanational.org)



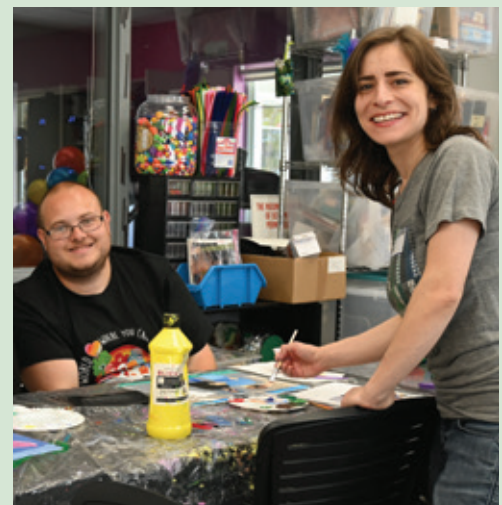
## Expressive Arts AT TMWC

Local artist Cyd Gottlieb made her return to Thomas M. Wernert Center's Expressive Arts program to lead a guest art series for the second year.

Cyd has been sharing her expertise with TMWC members through approachable techniques that emphasize art as a coping skill. Last summer, Cyd introduced members to color theory, shading techniques, and abstract art. This year, the class focused on mixing colors, mapping out scenes on canvas, and practicing the proportionality of images.

Each class also included audio elements so that members felt comfortable letting loose and unwinding. Music can relax the mind, release creativity, and help us to better understand our emotions. Peers at TMWC have enjoyed getting creative to the tune of psychedelic guitar, country western, and low-frequency electronic beats.

*Thank you, Cyd, for continuing to share your knowledge and talents with TMWC! For more of Cyd's work, visit her website at: [www.pischonk.com](http://www.pischonk.com).*



# PEER SUPPORT IN ACTION



Summer fun with TMWC means gardening and fishing!



Congratulations to the latest PEP class graduates!



TMWC is competing in Toledo Litter League for the third year!



Thank you, Lucas County Suicide Prevention Coalition for teaching QPR to staff & members!



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**

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- 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 RECOVERY EVENTS:**

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**TO RESERVE A SPOT FOR YOU AND YOUR FRIENDS CALL:**  
**419-242-3000**  
**EXT. 121**



- All activities take place at TMWC, 208 W. Woodruff Ave. Free parking.
- Refreshments provided.
- TMWC transportation is not available for these events.