



PEER *connections*

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PEER SUPPORT & OVERCOMING ANXIETY

Brad Finds Comfort in Community

Brad found it hard to get out of bed every day due to his anxiety disorder. “I was sad and would sleep a lot,” he explains. Brad’s caseworker referred him to the Thomas M. Wernert Center (TMWC) to help get him out of the house. Now, being around people makes Brad happy. He looks forward to spending time at TMWC, joining in daily activities, and meeting interesting people. Brad expresses gratitude for finding people who are willing to listen. “It helped me build trust and shows how much they care,” he says.

Lately, Brad is enjoying the TMWC SafeZone support group and building

diorama displays with Neil in the Expressive Arts Program.

After the pandemic shut everything down, he was pleasantly surprised at the creative ways TMWC staff stayed in contact with him and other members. Brad was eager to get vaccinated and make a safe return when TMWC re-opened.

Brad enjoys learning in all of its forms, and has started sharing some of his own knowledge on a social media app called ‘Clipper.’ He has grown a follower count of over twenty-five thousand, and hopes to hit thirty thousand followers soon. “I’ve found community, through people at TMWC and online,” Brad says.



When it comes to recovery, Brad knows that his journey has been successful. However, he sees himself as a work in progress, with more to learn and room to improve. Brad also feels a responsibility to help others. His willingness to share his story is his way of letting others know that they are not alone.

mental health recovery
TOGETHER
THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

tmwc
2ND ANNUAL
PARKING LOT
Party

FRIDAY, JULY 1, 2022 | 11:00AM to 2:00PM

R.S.V.P. YOUR ATTENDANCE:
419.242.3000 / EXT. 120 / PLEASE LEAVE A MESSAGE

RAIN OR SHINE!



9TH ANNUAL
Celebrity
 WAIT NIGHT

Thank
 You



**HEART
 & SOUL**

Caring for Our Community

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 the stigma associated with mental illness.



TMWC SUPPORT GROUPS UPDATE

Starting July 1, 2022, Thomas M. Wernert Center (TMWC) is adding and changing some of its support group meetings. Support groups are an important part of mental health recovery. They are designed to empower group members by providing reliable and quality information. With shared experiences and knowledge, all of us can have an easier time overcoming issues like stress, anxiety, depression, and even trauma.

To keep the conversation around support and recovery growing, TMWC is adding the following to its support group offerings:

EMOTIONS MATTER – a newly developed support group that will focus members on how to express their emotions in a healthy way. Content is for people struggling with an array of emotions, including anger, anxiety, depression, grief, or any other emotional issue.

LIVING WELL – this support group is back by popular demand. Participants will learn skills, tips, and other ways to better navigate life's day-to-day activities, including budgeting, building friendships, setting boundaries, problem solving, and more.

With the addition of these two support groups, TMWC will discontinue Anger Awareness, Grief and Loss, and Wellness Tools for Recovery. All content related to these support groups will be incorporated into the new groups.

To find out more about support groups and topics covered, check out the front and back of the enclosed calendar of activities.

AROUND CAMPUS



Amy Stone from OSU joins Gardening Club and shares the results of having TMWC's soil tested for different nutrients.

GARDENING FUN!



Congratulations Mental Health Literacy course grads: Cheryl, Lori, Shirley, Beverly, and Jason! And, as always, thank you to our Peer Education Program facilitators, Katie and Callie!



Two of our raffle winners, Meon and Troy, at Celebrity Wait Night at Zia's.



Dion and Tito enjoy a trip to Middlegrounds Metro Park.




THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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RETURN SERVICE REQUESTED

 Our social with TMWC on
Facebook, Instagram and Twitter

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.

VISION

To be the most innovative peer-driven mental health recovery and support center.

BOARD OF TRUSTEES

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SUPPORTED BY:



mental health recovery together



JOIN THE THOMAS M. WERNERT CENTER TODAY!

If you, or someone you know, is interested in becoming a member of the Thomas M. Wernert Center (TMWC), please contact Stacey at 419-242-3000, ext. 105 for more information. Please note that the TMWC is not a clinical agency. Peer support relationships are different from clinical relationships in that they are based on mutual sharing of lived experience with mental illness.

Individuals can become an active member who participates in the many programs, services, and activities we offer if they meet the following criteria:

- You must be 18 years of age or older.
- You must live in Lucas County, Ohio.
- You must have a diagnosed mental illness and are receiving mental health services.
- Be ready to begin or expand your mental health recovery.