

TMWC BOARD OF TRUSTEES

Welcome New Board Members

Wernert Center Elects New Community Members to Board of Trustees

homas M. Wernert Center (TMWC) is pleased to announce the election of Crystal Heft and Raina Dawson to its Board of Trustees, effective July 1, 2023.

The board of trustees is comprised of TMWC members and community members.



CRYSTAL & RAINA!

WE ARE PLEASED TO HAVE YOU ON TMWC'S BOARD OF TRUSTEES.



CRYSTAL HEFT

Crystal has worked with numerous mental health organizations in Northwest Ohio throughout her career. She currently serves as the Community Development Coordinator for Aetna of Ohio, where she is responsible for developing outreach activities, special events, and programming that supports member education and health plan awareness within the Medicaid/ Medicare population in Northwest Ohio. She is certified in SERVE Ohio Volunteer Engagement Fundamentals, Mental Health First Aid, and in QPR (Question, Persuade, Refer – Suicide Prevention Education Program).



Raina is a lifelong Toledo resident who serves as an Advocate for Advocates for Basic Legal Equality, Inc. (ABLE). She is a recent Toledo 20 under 40 award recipient and received the 2020 University of Toledo College Of Law Dean Award. She has also completed the Tax Advocacy Clinic, the Trial Practice Clinic, and the Public Service Externship.

She is very active in the community and currently serves as the Mediation Chair for the City of Toledo Human Relations Commission, is an active member of Zonta Club of Toledo 1, and the Toledo Rotary Club.

NEW SUPPORT GROUP STARTING IN SEPTEMBER

For many, trauma can be challenging to define and even more challenging to talk about and address. Responses to trauma can include persistent fatigue, sleep disorders, nightmares, fear of it happening again, anxiety focused on flashbacks, depression, and avoidance of emotions, sensations, or activities that are associated with the trauma.



"Our members have been asking for help related to trauma and its after effects," says Janese, Member Services Director. In response, TMWC is piloting a new trauma-related peer group in September 2023. Designed specifically for those in mental health recovery who have experienced trauma, Empowering Change will focus on self-healing and learning to take control of one's life and emotions. Sharing emotional experiences after trauma with others facing similar challenges can enable an individual to process their emotions in a safe setting.

"Our goal is to help our members work through those things that stop them from moving forward in their recovery," says Janese. "If we can provide our members with a path forward, while breaking down the stigma surrounding mental health recovery and trauma, then we know we are validating the experiences of members."

CONTACT JANESE AT EXT. 120 FOR MORE INFORMATION.



Thomas M. Wernert Center is coming to Toledo Pride 2023!

Toledo Pride is Northwest Ohio's largest and most recognized event for the LGBTQIA+ community. This year's events will take place Friday, August 18 through Sunday, August 20. More than 100 local organizations are involved with the weekend's events, and around 20,000 people come to Downtown Toledo to celebrate the festival.

TMWC will join the celebration at noon on Saturday, August 19 as part of the Pride Parade down Adams St. toward Promenade Park for the Toledo Pride Main Event, where TMWC peers will have a vendor booth from 12:00PM – 7:00PM.





PEER SUPPORT IN ACTION















208 W. Woodruff Toledo, OH 43604 Phone: 419.242.3000 Fax: 419.242.0750

www.wernertcenter.org info@wernertcenter.org

RETURN SERVICE REQUESTED





Follow TMWC on Facebook and Instagram.

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

Deborah Riley-Jackson – President Fair Housing Center

Amanda Denniss - Vice President

George Monger, CPA - Treasurer

Evamae LaVoy – Secretary Community Volunteer

Jesse Baum – Glass City Academy

Timothy Cummins – US Coast Guard Marine Safety Office Toledo

Raina Dawson - Advocataes for Basic Legal Equality

Crystal Heft – Aetna of Ohio

Henry Hartford - Community Volunteer

Troy Deters – Community Volunteer

Warren Frary - Community Volunteer

Georgia Humbarger – Community Volunteer

Patricia J. Robb - Executive Director

SUPPORTED BY:









WEDNESDAY, AUGUST 23

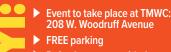
5:30 PM: OVERTHINKING?LEARN HOW TO TAKE A BRAIN BREAK

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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



Refreshments providedTMWC transportation is not available



419-242-3000, EXT. 121