



PEER *connections*

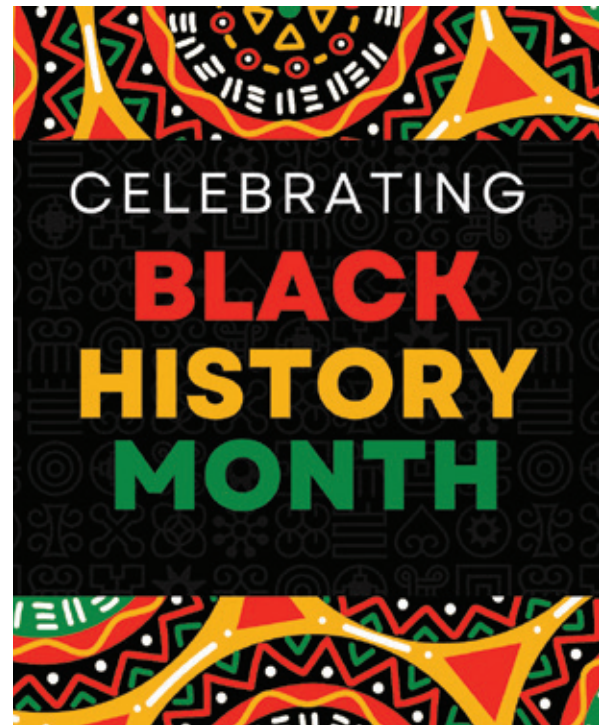
A PUBLICATION OF THOMAS M. WERNERT CENTER | FEBRUARY 2024

FEBRUARY IS BLACK HISTORY MONTH

Celebrate with Community

Thomas M. Wernert Center (TMWC) is celebrating Black History Month by embracing the community care offered through our daily programs. Community care is an approach utilized by individuals to support one another and the broader community. According to Mental Health America (mhanational.org), “Community care focuses on the connections, intentional actions, and efforts to mobilize individuals to support one another.”

Peer support is a great example of community care. Having lived experience helps TMWC members and staff know and recognize the struggles and barriers to mental health care, and the work needed to help others navigate recovery and find success. TMWC will be offering opportunities for members to educate themselves on the systemic issues of racism and stigma faced by many Black and African American people who seek mental health care.



Check out some of the Black History Month events happening at TMWC and in the greater community this February:

AT THE THOMAS M. WERNERT CENTER:

- **EVERY FRIDAY IN FEBRUARY AT 12:45 PM:** The Safe Zone support group will host a Black History Month Series; covering topics like oppression, identity, and exploring Black Queer History.
- **FRIDAY, FEBRUARY 9 AT 10:00 AM:** Morning Movie screening of a member's choice film that tells a story of Black success in America.
- **THURSDAY, FEBRUARY 8 AT 11:00 AM:** Museum Tour at the African American Legacy Project of Northwest Ohio.
- **TUESDAY, FEBRUARY 20 AT 11:00 AM:** Visit the Motown Museum in Detroit with the Expressive Arts program.

Look For Events Celebrating Black History In the Community at the Following Locations/Organizations:

- Toledo Lucas County Public Library
- Toledo Museum of Art
- University of Toledo
- Glass City Center



TMWC UPDATES

Daily Lunches Starting in February



Thomas M. Wernert Center is pleased to announce a new daily lunch program starting February 2024. Thanks to the generosity of our donors and funders, TMWC is now able to offer a daily lunch to our members. Bagged lunches will be served on Mondays, Tuesdays, and Thursdays, and a hot lunch will be available on Wednesdays. We will continue our long-standing tradition of Supper Club every Friday. Meals will be served at noon each day for attending members.

Hunger can take a serious toll on a person's physical and mental health. TMWC hopes to support our members who are struggling to find their next meal and provide extra support for those just trying to get through the day.

TMWC would like to thank our Food Services Coordinator, peer support staff, and member volunteers who make our culinary endeavors possible and fill our bellies with delicious meals!



Interested in helping feed TMWC members all year long?

Visit wernertcenter.org/donate to contribute today!

TMWC Members Raise Awareness for Ronald McDonald House

Members of the Thomas M. Wernert Center are collecting pull tabs for Ronald McDonald House Charities in Northwest Ohio! Over the past few months, you may have seen small cardboard houses (pictured here) around the center; these are pull-tab collection boxes! Tabs from canned foods and drink containers are accepted.



Ronald McDonald House Charities across the U.S. have been collecting pull tabs to help raise awareness and donations to their organization since 1987. Today,

more than 400 million pull tabs have been collected, raising more than \$4 million for the organization.

In Toledo, more than 600 families a year utilize Ronald McDonald House locations while their children receive medical care in the area. According to their website (rmhctoledo.org), funds from the recycled tabs are used to stock the kitchen and pantry for guests. The money raised from pull tab collections in our area helps cover more than half of the organization's yearly food budget.

This free and accessible donation strategy makes it possible for anyone to get involved. Which is why TMWC members and staff have joined in on the fun! Some members have already collected an entire jar of pull tabs with the help of their family and friends.

***Drop off a single pull tab or 100.
Either way, you're making a difference!***



HEALTH AND RESOURCE FAIR

MAY 10, 2024

More information to follow.

RECOVERING TOGETHER

Do you want to get organized in 2024?

Join 'Living Well' support group for their organization series!

Receive tools and tips for organizing your space and belongings!



Linda and Robin (above), Takila and Maddie (below) celebrate the start of 2024 at TMWC's Noon Year's Eve Party



Way to go!

The first group of TMWC members to receive their Mental Health First Aid certification after completing a two-day, eight hour training.



Guest artist, Stephanie, teaches a new art medium to members, tile painting with alcohol-ink!






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

- Deborah Riley-Jackson – President
 - Fair Housing Center
- George Monger, CPA – Treasurer
- Evamae LaVoy – Secretary
 - Community Volunteer
- Jesse Baum – Glass City Academy
- Raina Dawson – Advocates for Basic Legal Equality
- Troy Deters – Community Volunteer
- Lucy Dias – Community Volunteer
- Henry Hartford – Community Volunteer
- Crystal Heft – Lucas Co. Family and Children
 - First Council
- Gwen Hoskins – Community Volunteer
- Georgia Humbarger – Community Volunteer
- Patricia J. Robb – Executive Director

SUPPORTED BY:



Join the Thomas M. Wernert Center

If you, or someone you know, is interested in becoming a member of Thomas M. Wernert Center (TMWC), please contact Stacey at **419-242-3000, ext. 105** for more information.

Please note that 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.
- Have a diagnosed mental illness or are receiving mental health services.
- Be ready to begin or expand your recovery journey.