



# PEER *connections*

A PUBLICATION OF THOMAS M. WERNERT CENTER | MAY 2023

## DID YOU KNOW?

# May is Mental Health Month

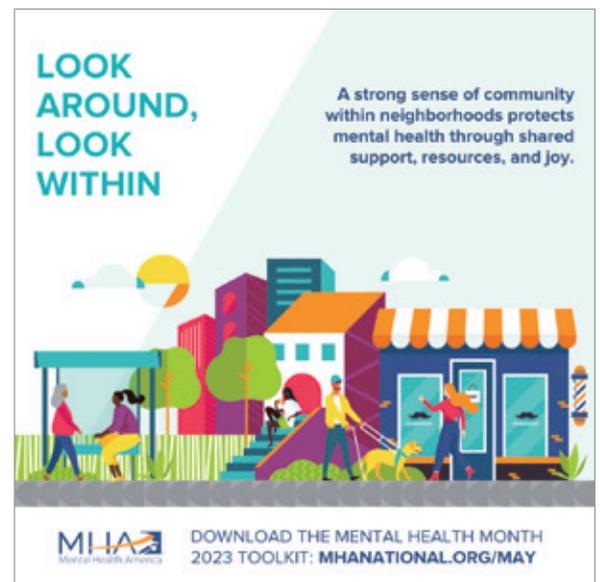
**F**or Mental Health Month this year, Mental Health America is encouraging individuals to look around and look within. From your neighborhood to genetics, many factors come into play when it comes to mental health conditions. Thomas M. Wernert Center and Mental Health America encourage everyone to consider how the world around them affects their mental health.

TMWC's Health & Resource Fair is held in May in recognition of Mental Health Month. This event aims to raise awareness about mental health and provide the community with information and access to helpful local resources. According to Mental Health America, "One of the biggest ways your location can impact your mental health is how easy or hard it is to access the things you need."

This Mental Health Month, challenge yourself to look at your world and how different factors can affect your mental health. To get started, be mindful and start small.

### TRY ONE OF THE FOLLOWING:

- 1. PRACTICE TIDINESS** – Do one thing at a time. Declutter, clean, then organize.
- 2. SET YOURSELF UP FOR SUCCESS** – Work with yourself; if you struggle to wake up in the morning, prepare things the night before.
- 3. STAY CONNECTED** – Get to know your neighbors. Community connections benefit everyone.



As usual, TMWC peers will continue discussions on mental health all month long. Check out the May calendar for support groups, program activities, and outings!



**GREATER TOLEDO  
FUNDRAISING EVENT  
SATURDAY, MAY 20, 2023**



Thomas M. Wernert Center is proud to be a **NAMI Walks** Greater Toledo sponsor. Nobody has to walk the mental health journey alone. We're in this together.

Scan the QR code to join our team and help us reach our fundraising goal! ▶



## Jon Weber 1963-2023



It is with great sadness that we inform you of the death of our colleague and friend, Jon Weber who unexpectedly passed away on April 3, 2023.

Jon managed the front desk and was the data specialist for TMWC. The extensive knowledge, infectious laugh, and compassion Jon brought to TMWC members and staff is beyond measure. Jon greeted everyone who came to TMWC with a warm smile and “hello,” making them feel welcome and at home.

Jon made the world a better place for our members, staff, and all who knew him. He treated everyone he met with kindness. Let us honor his memory by doing the same in our day-to-day lives, ensuring his spirit and memory will live on.

*If you are experiencing intense feelings of grief, please speak to a TMWC Peer Supporter about resources for dealing with grief and loss.*

*The Crisis Care Helpline is staffed 24 hours a day by qualified mental health professionals.*

**CrisisCare**  
Helpline | 419-904-CARE (2273)  
A division of Zepf Center



**MAY IS  
MENTAL  
HEALTH  
MONTH**  
TAKE SOME TIME TO  
LOOK AROUND, LOOK WITHIN  
[MHNATIONAL.ORG/MAY](http://MHNATIONAL.ORG/MAY)

## What Does ‘Mental Health Awareness’ Mean to You?

“Mental health awareness helps me recognize the warning signs of a crisis in myself and others,” says Gwen, a TMWC member. “Before I learned about mental health, I didn’t really understand myself. I was judging others,” she adds. “Now I realize that I’m just like them,” she adds. Gwen stresses the importance of understanding her own needs as a personal baseline before she can help others. “No one know what someone else is going through. People are constantly



battling challenges they may not know how to handle,” she says.

*Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions. Learning about available resources and sharing personal experiences helps all of us make a difference.*

## Live Music At TMWC!

Ellen and Mike have been making music together for more than 40 years. Their music is influenced by Irish entertainers as well as contemporary folk music.

**Join them at TMWC on  
Friday, May 19 at 11:00 a.m.**

Listen to the tunes, and feel free to sing along. After the show, stick around for Supper Club at noon!



# PEER SUPPORT IN ACTION



Carol and Mariah celebrate Spring with TMWC



Food Service Coordinator, Patty makes yummy snacks for Let's Talk About It on Wednesday evenings



Andy builds a Fairy Garden during Let's Talk About It on Wednesday night at TMWC



Thank you to member and volunteer, Kenny for all of your help!



Emotions Matter support group spends a relaxing afternoon at Oak Openings Treehouse Village





THOMAS M. WERNERT CENTER  
FOR MENTAL HEALTH RECOVERY & SUPPORT

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**RETURN SERVICE REQUESTED**



Follow TMWC on  
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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

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

Henry Hartford – Community Volunteer

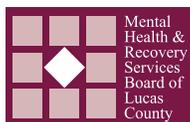
Troy Deters – Community Volunteer

Warren Fray – Community Volunteer

Georgia Humbarger – Community Volunteer

Patricia J. Robb – Executive Director

SUPPORTED BY:



**MAY IS MENTAL HEALTH AWARENESS MONTH**



The Thomas M. Wernert Center is planning an evening of learning, peer support, and fun for those in the mental health community who are working on recovery and could use a night out. **Let's Talk About It** will feature a series of educational presentations, exercise, expressive arts projects, and more. *Our Dual Recovery Alliance Support Group will also meet on this evening.*

**DON'T WAIT! SIGN UP FOR THIS RECOVERY EVENT TODAY!**

**WEDNESDAY, MAY 24 / 5:30PM TO 7:30PM**

**Mental Health: You Are Not Alone**

**Expressive Arts Project or Rec Room Fun (if art isn't for you)**

**DRA Support Group**

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

**FYI:**

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