

Support Meetings:

- **Anger Awareness League**-For individuals who really want to reduce and eliminate anger from their lives through self-awareness, problem solving skills and creating healthy boundaries.
- **Depression and Bipolar Support Alliance (DBSA)**-For individuals living with Depression and Bipolar disorders.
- **Diabetes Support**-Discusses all aspects of Type II Diabetes, the disease process, its affect on the body, the emotional aspects, and promotes healthy eating and lifestyles.
- **Dual Recovery Anonymous (DRA)**-For individuals living with both mental illness and substance use disorders.
- **Get Fit Club**-The main focus is to introduce ways of adding physical activity into your daily lifestyle and to learn how to create healthier recipes or updating family favorites.
- **Living Well**-Explores issues such as budgeting, saving money, housing inspections, shopping efficiently, cooking on a budget, decision making, emotional wellness and much more.
- **Schizophrenics Anonymous**-For individuals living with schizophrenia and related disorders.
- **Stress Busters**-Explores different ways to tame stress.
- **Women's and Men's Peer Clubs**-Discussions include: "saying no" (healthy boundaries), self-esteem, self-respect, self-confidence, relationship red flags and how to have a more positive attitude.
- **WRAP® Support**-Is a continuation of the skills and techniques from the WRAP (Wellness Recovery Action Plan) course. This is open to all, not just WRAP graduates.

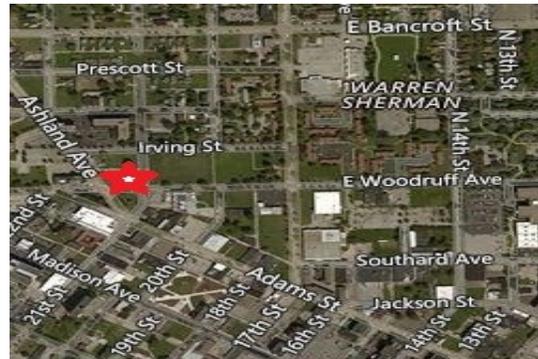


Graduates from one of the many courses offered in the Peer Enrichment Program

Membership Opportunities:

Receiver of Mental Health Services	\$5
Provider	\$10
Family	\$15
Patron	\$25
Sponsor	\$50
Honorary	\$100
Advocate	\$250
Organization	\$500

Support Peer Recovery!



Hours of Operation

Monday, Tuesday, Thursday & Friday: 9am-4pm
 Wednesday: 9am-8pm for *Evenings at Ilse's Café*.
 Center closes at 4pm Wednesday, January-February

Check **Encounters newsletter** and calendar for dates and times of PEP courses, Support Meetings and other activities.

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Funding provided by:



Thomas M. Wernert Center

For Mental Health Recovery and Support

YOUR STEPS OF RECOVERY ARE...

A JOURNEY



EDUCATION...

IS A TOOL



SELF ADVOCACY...

THE GOAL



PEER SUPPORT...

MAKES THE DIFFERENCE



The Mission

“To improve the quality of life for persons living with mental illness through peer-driven and focused programs which address recovery through education, advocacy and support.”

Value Statement

The Thomas M. Wernert Center is dedicated to fostering growth in our members living with mental illness through peer support and by enhancing recovery with opportunities for education and socialization within a safe, welcoming and diverse atmosphere of trust and mutual respect that leads to a meaningful life.

About Us... And What is Peer Support?

The Thomas M. Wernert Center (TMWC) is funded by the Mental Health and Recovery Services Board of Lucas County, donations, memberships, and grants and is certified by the Ohio Department of Mental Health and Addiction Services as a Consumer/Peer Operated Service. In other words, the majority of staff at the TMWC are on a journey of mental health recovery. TMWC is not a treatment agency; there are not psychiatrists, therapists, or case managers on site. By contrast, TMWC offers hope for recovery through unique peer to peer support and believes that no one can understand the experiences of living with mental illness better than someone who has walked down that road. **Peer support is the social and emotional support given and received by individuals who receive mental health services.** This connection between peers often helps to end the feelings of isolation and stigma.

The only requirements for participating in TMWC programming are:

- Be at least 18 years of age
- Have a diagnosed mental illness
- Live in Lucas County

Meaningful Activities

Within TMWC's beautiful building members can socialize in a safe and nurturing environment and engage in fun and meaningful activities that enhances recovery from mental illness.



Emotional and physical wellness opportunities like creative art expression through art instruction; crafts; drama club and music appreciation, as well as Music and Movement, Yoga, Tai Chi, Ping-Pong, Wii Fit and Corn Hole benefits members overall well being.



Socialization takes the form of the *Friday Afternoon Supper Club*, that brings members together to share a nutritious meal. Also offered is bingo, chess, cards, outings to sports games, museums, and picnics. *Wednesday Evenings at Ilse's Café* is where theme parties, karaoke, movie nights, talent and fashion shows rule. Frequent forums are held prior to the *Supper Club* on topics like Cultural Diversity, Bullying Prevention, Healthy Boundaries, Gambling, Alcohol and Other Drugs and Housing Rights.



Peer Enrichment Program (PEP) Educational Opportunities

NEW Programming

Understanding Mental Health and Mental Illness is a six week course on Stigma of Mental Illness, Understanding Mental Health and Mental Illness, Information on Specific Mental Illnesses, Experiences of Mental Illness, Seeking Help and Finding Support and the Importance of Positive Mental Health.

NEW-R (Nutrition and Exercise for Wellness and Recovery) is an eight week course on information, skills and motivation to be successful in creating a healthier life and offer first steps towards losing weight.

Returning Favorites

LEP (Leadership Education Program) is a nine week course on leadership, communications, decision making, self advocacy, the importance of community involvement, and *Robert's Rules of Order* for serving on boards. Many graduates of the LEP are elected to serve on TMWC Board of Trustees.

Peer Support Class is an eight week course on the importance of peer support in recovery, attitude, communication, healthy boundaries and the skills needed to be a mentor and advocate.

WHAM (Whole Health Action Management) consists of three 2-hour classes followed by eight 1-hour support groups, that encourages increased resiliency, wellness and self-management of overall health and well being.

WMR (Wellness Management & Recovery) is a ten week course that enhances recovery through interactive, fun and thought provoking discussion on total health, wellness and goal setting.

WRAP (Wellness Recovery Action Plan) is an eight week course that illustrates how to develop a daily recovery plan that shares the key concepts of Hope, Self-responsibility, Education, Advocacy & Support as a daily part of recovery. A crisis plan is also developed. A WRAP support meeting is offered.

Programs effective July 1, 2017