



PEER connections

DECEMBER 2024

A PUBLICATION OF THOMAS M. WERNERT CENTER

December Calendar

DECEMBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 AM Uplifting Women 12:00 PM Men's 360* 12:00 PM Holiday Tree Decorating	GIVING TUESDAY! 10:45 AM Imagination Station* 11:00 AM Living Well* 1:00 PM Feelings First	CIT Session 9 a.m. - 12 p.m. ALL DAY: ACTIVITY SIGN UPS 9:15 AM Gardening Club 11:00 AM DRA 11:00 AM Empowering Change 1:00 PM Computer Basics	CIT Session 9 a.m. - 12 p.m. 1:00 PM Snowflake Collages 12:30 PM* NEW-R (7) 1:00 PM SA	9:15 AM Gardening Club 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM ABLE Forum 11:00 AM DRA
11:00 AM Uplifting Women 12:00 PM Men's 360 1:00 PM Caroling Choir	10:00 AM Computer Basics 11:00 AM Living Well* 11:00 AM KARAOKE 1:00 PM Feelings First	9:15 AM Gardening Club 11:00 AM DRA 11:00 AM Oak St. Rock Painting 1:00 PM Computer Basics 1:30 PM Knitting Circle	10:00 AM Circuit Training 10:45 AM Manor House Tour* 11:00 AM Diabetes Support 11:30 AM* NEW-R (8) GRADUATION! 1:00 PM DBSA	10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA 11:00 AM LGBTQ+ Forum 12:45 PM Stress Busters 1:15 PM Gaming for Mental Health
11:00 AM Uplifting Women 11:00 AM Men's 360* 1:00 PM Board Games	10:00 AM Computer Basics 11:00 AM Living Well* 12:00 PM BINGO 1:00 PM Feelings First	9:15 AM Gardening Club 10:45 AM Coffee Connections* 11:00 AM DRA 11:00 AM Empowering Change 1:00 PM Computer Basics	OPEN AT 10:00 A.M. 10:15 AM Circuit Training 11:00 AM Diabetes Support 11:00 AM Cookie Decorating 1:00 PM SA	10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM HOLIDAY PARTY
11:00 AM Uplifting Women 12:00 PM Men's 360* 1:15 PM Gaming for Mental Health			11:00 AM Diabetes Support 1:00 PM DBSA	10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA 12:45 PM Stress Busters
11:00 AM NYE Time Capsule 12:00 PM Noon-Year's Eve			 THOMAS M. WERNERT CENTER <small>FOR MENTAL HEALTH RECOVERY & SUPPORT</small>	
<p>PLEASE CONTACT TMWC STAFF FOR RSVPs</p> <p>ACTIVITIES: Maddie.... 419-764-5364</p> <p>EXPRESSIVE ARTS: Alyssa..... 419-242-3000 ext. 109</p> <p>FITNESS: Lindsay.... 419-242-3000 ext. 110</p> <p>COMPUTER LAB: Rodney.... 419-242-3000 ext. 114</p>				

GivingTuesday: Fueling

Recovery

GIVING TUESDAY

On Tuesday, December 3, 2024, TMWC is participating in GivingTuesday, a global day of unity and giving.

People can show their generosity in a variety of ways during GivingTuesday—whether it's helping a neighbor, advocating for an issue, sharing a skill, or giving to causes. Everyone has something to give, and every act of generosity counts.

Thomas M. Wernert Center (TMWC) is focusing its GivingTuesday fundraising efforts toward funding the Fueling Recovery campaign, an initiative launched to provide daily meals to TMWC members. In addition, the campaign will support the TMWC Hope Food Pantry, available to members on a monthly basis.

Don't have much to give? Well, we still can't do this without you! Not only do we need your support, we need your help to spread the word. Please tell your friends and family why you believe in your TMWC and encourage them to support us too!

[DONATE NOW](#)



CIT Training to



Resume First Week of December

On December 4-5, 2024, officers from all around Northwest Ohio will be stopping by TMWC to learn first-hand about living with mental illness and what it means to be in a mental health crisis.

CIT Training is an initiative started in 1988 to educate officers on the many different effective ways of aiding civilians who are experiencing a mental health crisis.

When we're in crisis, emotions are high, our brains are working overtime, and our actions might not be predictable.

Sharing your personal experience with officers helps them view the situation from your perspective, easing any situation.

Don't miss this perfect opportunity to meet your local officers in person and have candid conversations about navigating through mental health crises and law enforcement.

TMWC Holiday Spirit

Holidays can be a tough time for some, and even tougher for others. Luckily, members have TMWC as an outlet for the potential "Holiday Blues."

TMWC will be kicking off the month of December by spending quality time together while decorating our holiday tree on Monday December 2, 2024.

But the festivities don't stop there!

Come surround yourself with friends and family on December 20, 2024 at 11:00 a.m. for our annual Holiday Party

This year, we'll be serving a big meal with all the fixings and caroling out in the snow! Trees will be decorated, stars will be hung, candles will be lit, and so much more.

Beat the blues, and gather around the table this season with Thomas M. Wernert Center. We are family!

What's Happening at TMWC



Support Groups

FEELINGS FIRST: "Letting Go" on Tuesday, December 10, 2024
UPLIFTING WOMEN: "Holiday Blues: How Do We Cope?" Monday, December 23
STRESSBUSTERS: Healthy Ways to Unwind on Friday, December 27, 2024
SAFEZONE: Genderbread Person on Friday, December 20 & 27, 2024
MEN'S 360: "Work Hard. Yes! Play Hard. Yes!" on Monday, December 8, 2024

Activities and Programs

Holiday Tree Decorations (December 2 @ 12:00 p.m.): Let's get festive! Light up the room with TMWC as we decorate the center for the holidays. **NO RSVP NECESSARY.**

ABLE Forum (December 6 @ 11:00 a.m.): TMWC will be visited by ABLE this month to talk about basic legal aid resources and housing initiatives available to members. Don't miss this awesome opportunity to have all your legal questions answered. **NO RSVP NECESSARY**

Wildwood Manor House Tour (December 12 @ 10:45 a.m.): We're headed to the Metro Park. Take a trip through history and learn about Toledo's beginnings on this educational outing. **RSVP on December 4.**

Coffee Connections (December 18 @ 10:45 a.m.): On this monthly outing, we explore a local coffee shop for good food, java, and even better conversations. Sign up on December 4 with Maddie.

Noon-Year's Eve (December 30 @ 12:00 p.m.): Watch the ball drop with your peers as we count down to noon on New Years Eve!

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, December 6 @ 9:30 a.m.: Amy S. from OSU Extension Office

Expressive Arts

Alyssa - 419-242-3000 ext. 109

December 4 @ 11:00 a.m.: Snowflake Ornament Craft

December 10 @ 11:00 a.m. and 1:30 p.m.: Paper Holiday Wreaths

December 12 @ 11:00 a.m. and 1:30 p.m.: Yarn Wrapped Ornaments

December 16 @ 11:00 a.m. and 1:30 p.m.: Whimsical Snowman Painting

Fitness

Lindsay - 419-242-3000 ext. 110

Circuit Training (Thursdays @ 10:00 a.m.): Move through a series of exercises, or a circuit, that can be modified to any ability level.

Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in a RAFFLE. One winner will be drawn at the end of each month.

Computer Lab

Rodney - 419-242-3000 ext. 114

Computer Basics (Tuesdays @ 10:00 a.m. and Wednesdays @ 1:00 p.m.): A beginners guide to one of the most popular electronic devices in use today.

3D Printing (During Computer Basics): Create a 3D model of your favorite cartoon character, video game item, or even a design of your own. Contact Rodney for details and assistance.

Annual Meeting Recap



On Friday, November 22, 2024, TMWC hosted its Annual Meeting -- an opportunity for members to be recognized for their efforts in volunteering in support of TMWC. More than 30 members received recognition for their outstanding volunteer work!

In addition, TMWC members voted on their Member Elected Trustees to represent them on the Board of Trustees. We're pleased to announce that our newest Member Elected Trustees are Linda Austin, Amanda Dennis,

Kimberly McKown-Jones. Two members were also recognized for completing their terms of service on the board -- Evamae La Voy and Georgia Humbarger. Be sure to thank them for all their great work on the Board over the course of their terms.

RECOVERY together



We went all out on Halloween this year. Spooky!



ConGRADulations Graduates!



Just painting some turkeys in the Club Room. Gobble Gobble!



We went to a ceramics class with Jan Pugh at Owens Community College.

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

Jesse Baum – Vice President

- Glass City Academy

Laura Craigs, CPA – Treasurer

- Ohio Auditor of State

Linda Austin – Member Volunteer

Stephanie Calmes

- U Toledo Health, Psychiatry Department

Raina Dawson

- Advocates for Basic Legal Equality

Amanda Denniss – Community Volunteer

Lucy Dias – Member Volunteer

Henry Hartford – Member Volunteer

Crystal Heft

- Lucas Co. Family and Children First Council

Gwen Hoskins – Member Volunteer

Kimberly McCowan-Jones – Member Volunteer

Patricia J. Robb – Executive Director

Noah A. Hupp – Communications Specialist



THOMAS M. WERNERT CENTER

FOR MENTAL HEALTH RECOVERY & SUPPORT

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