



# PEER connections

FEBRUARY 2025

A PUBLICATION OF THOMAS M. WERNERT CENTER

## February Calendar

FEBRUARY 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 AM Uplifting Women* 3 12:00 PM Men's 360 1:00 PM Really Loud Librarians	10:00 AM Computer Basics 4 10:45 AM Mental Health Literacy (4) 11:00 AM Living Well 1:00 PM Feelings First 1:30 PM Valentine's Cards	ALL DAY: ACTIVITY SIGN UPS 5 9:30 AM Gardening Club 11:00 AM DRA 12:30 PM WRAP (4) 1:00 PM Computer Basics 1:30 PM NAMI Creative Expressions*	10:00 AM Circuit Training 6 10:30 AM Planetarium Outing* 11:00 AM Diabetes Support 12:30 PM Exploring Emotions (5) 1:00 PM DBSA 1:00 PM MOVIE MAYHEM	9:30 AM Gardening Club 7 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA 12:45 PM Stress Busters 1:00 PM Gaming for Mental Health
11:00 AM Uplifting Women 10 12:00 PM Men's 360 1:00 PM "Pieces of Me" Craft	10:00 AM Computer Basics 11 10:45 AM Mental Health Literacy (5) 11:00 AM Living Well 11:00 AM KARAOKE 1:00 PM Feelings First	9:30 AM Gardening Club 12 11:00 AM DRA 11:00 AM Empowering Change* 12:30 PM WRAP (5) 1:00 PM Computer Basics 1:30 PM Knitting Circle	10:00 AM Circuit Training 13 11:00 AM Diabetes Support 12:30 PM Exploring Emotions (6) 1:00 PM SA 1:00 PM MOVIE MAYHEM	10:00 AM SafeZone: LGBTQ+ & Allies 14 11:00 AM DRA 11:00 AM Valentine's Day Party
11:00 AM Uplifting Women* 17 12:00 PM Men's 360 1:00 PM Mental Health Scategories	10:00 AM Computer Basics 18 10:45 AM Mental Health Literacy (6) 1:00 PM Feelings First 1:30 PM Bracelet Crafts	9:30 AM Gardening Club 19 11:00 AM DRA 12:30 PM WRAP (6) 1:00 PM Computer Basics 1:30 PM Journal Club	10:00 AM Circuit Training 20 10:45 AM Vod's Here Art Outing* 11:00 AM Diabetes Support 12:30 PM Exploring Emotions (7) 1:00 PM DBSA 1:00 PM MOVIE MAYHEM 1:30 PM Nutrition in Recovery	10:00 AM SafeZone: LGBTQ+ & Allies 21 11:00 AM DRA 12:45 PM Stress Busters 1:00 PM Gaming for Mental Health
11:00 AM Uplifting Women 24 12:00 PM Men's 360 1:00 PM Giant Monopoly	10:00 AM Computer Basics 25 10:45 AM Mental Health Literacy (7) 11:00 AM Living Well 12:00 PM BINGO 1:00 PM Feelings First	9:30 AM Gardening Club 26 11:00 AM Empowering Change 11:30 AM DRA Outing* 12:30 PM WRAP (7) 1:00 PM Computer Basics 1:30 PM Knitting Circle	OPEN AT 10:00 A.M. 27 ALL DAY: HOPE PANTRY PICKUP 10:00 AM Circuit Training 10:45 AM Coffee Connections* 11:00 AM Diabetes Support 12:30 PM Exploring Emotions (8) 1:00 PM SA 1:00 PM MOVIE MAYHEM	10:00 AM SafeZone: LGBTQ+ & Allies 28 10:00 AM Mercy Health Screens 11:00 AM DRA 11:00 AM ABLE Forum



PLEASE CONTACT TMWC STAFF FOR RSVPs

**ACTIVITIES:** Maddie.... 419-764-5364  
**FITNESS:** Lindsay.... 419-242-3000 ext. 110  
**COMPUTER LAB:** Rodney.... 419-242-3000 ext. 114

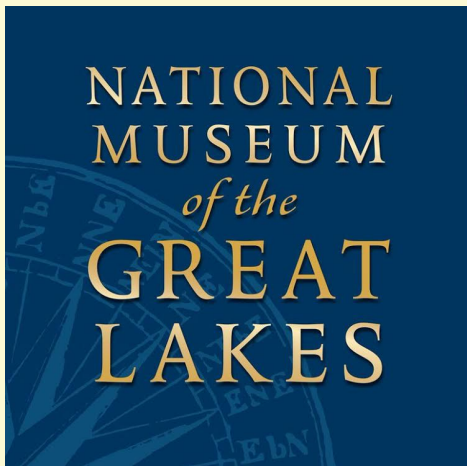


## Eating Disorders Awareness Week

Eating Disorders Awareness Week (EDAW) is Monday, February 24 through Sunday, March 2, 2025. EDAW is an annual campaign created to educate Americans about what it's like to live with an eating disorder and to generate visibility and hope for those who are afflicted.



This year's theme is "The Time is Now," aiming to shift perception by highlighting the purpose of shared knowledge and resources, early detection and treatment, and support for research.



## Great Lakes Museum Recap

In January, members visited the National Museum of the Great Lakes, located in East Toledo.

After a self-guided tour of the exhibitions on maritime technology, shipwrecks, safety, members also toured the Col. James M. Schoonmaker, a lake freighter permanently docked at the museum.

Educational visits like these are instrumental to members' recovery, inspiring curiosity and interest. Remember, Wednesday, February 5 is the day to sign up for this month's outings.



## Sofia Quintero Art and Cultural Center Outing

Last month, members took a trip to the Sofia Quintero Art and Cultural Center (SQACC) located in the Old South End of Toledo.

Members attended a viewing of the exhibition "La Virgen de Guadalupe, an Exhibition," featuring both modern and traditional works. Each piece reflected the cultural importance of La Virgen de Guadalupe. In addition, members learned about SQACC's Community Garden Initiative Program and how they're revitalizing unused properties into green space.

Members were impressed with SQACC and the commitment to cultivating the rich Latino community we have in

# Black History Month



February is Black History Month and TMWC is excited to celebrate with our members. Join us as we share activities and events that are dedicated to honoring historical and current achievements while progressing toward inclusivity and equity at TMWC.

Specifically, TMWC will be showing films of meaningful African American stories, taking a trip to the Charles H. Wright Museum of African American History in Detroit, and serving soul food during Supper Club lunches throughout the month. In addition, support group discussion will focus on Black history, as well as club room and expressive arts projects.



# What's Happening at TMWC



## Support Group Topics

**FEELINGS FIRST:** 2/4: International Boost Self-Esteem Month  
Tuesdays at 11:00 a.m.  
(Amy)  
2/11: 20 Things to Stop Wasting Our Time On  
2/18: Asserting Boundaries Without Confrontation  
2/25: When to Remain Silent

**SAFEZONE:** 2/7: Exploring Identity + Intersectionality  
Mondays at 11:00 a.m.  
(Callie + Maddie)  
2/14: Exploring Privilege + Oppression  
2/21: Gender Dysphoria  
2/28: Gender Euphoria



**UPLIFTING WOMEN:** 2/3: Valentine Bingo (RSVP)  
Mondays at 11:00 a.m.  
(Kathleen)  
2/10: Your Feedback Matters  
2/17: Nutrition with Lindsay (RSVP)  
2/24: Check-in/Meditation

**MEN'S 360:** 2/3: NY Resolutions Check-In  
Mondays at 12:00 p.m.  
(Rodney)  
2/10: Affection + Boundaries  
2/17: "Don't 'Red Pill' Yourself"  
2/24: Quarterly Planning Session

**STRESSBUSTERS:** 2/14: How Self-Love Reduces Stress  
Fridays at 12:45 p.m.  
(Donna)  
2/28: Music and Coloring

## Activities and Programs (Maddie)

**Valentine's Day Party (February 14 @ 11:00 a.m.):** Feel the love with TMWC at our annual Valentine's Day celebration.

**Charles H. Wright Museum\* (February 15 @ 9:00 a.m.):** Celebrate Black History Month on a trip to Detroit for this educational tour. RSVP with Maddie on February 5.

**Vod's Here Outing\* (February 20 @ 10:45 a.m.):** Visit Vod near Westgate for some crafts and good vibes. Sign-ups on February 5.

**Coffee Connections\* (February 27 @ 10:45 a.m.):** Explore a local coffee shop for good food, java, and even better conversations. Sign up on February 5 with Maddie.

**ABLE Domestic Violence Forum (February 28 @ 11:00 a.m.):** A presentation regarding legal aid for those experiencing domestic violence issues.

## Fitness (Lindsay)

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)

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.

## Maddie on the Move



If you've ever been excited about getting involved with TMWC programming, you probably have talked to Maddie.

"Motivated" and "motivating" are two very appropriate words to describe Maddie's vibe at TMWC. Since joining the team in October 2023 as Activities Specialist, Maddie has been nothing short of a rock star at organizing, implementing, executing, and facilitating daily programs for TMWC members.

From the start, Maddie quickly learned that the people are the best part of TMWC. "I can't tell if meeting new members or seeing long-time members after a long break makes me happier," says Maddie. "Either way, I can't wait to see all members as they walk through the door each day."

Living with anxiety and depression allows Maddie to easily work with others on removing barriers, setting goals, and focusing on recovery. "I want members to have a great time at TMWC while working to improve their lives," she says.

When not at TMWC, Maddie enjoys crafting, walking, and being a cat mom. Maddie's favorite movie is *When Harry Met Sally*, her super power of choice would be water-bending. Her favorite food is pasta or strawberries, her favorite team is the OSU Buckeyes, and if she had a one way ticket to anywhere in the world, it would be Venice, Italy.

*We're so grateful to have Maddie on the TMWC team and see her grow alongside members.*

# RECOVERY together



Winter Outings Were Successful!



Peer Support on Display



Classroom time at TMWC!





Crafts in the Club Room

## 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.

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## THOMAS M. WERNERT CENTER

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