



PEER connections

OCTOBER 2024

A PUBLICATION OF THOMAS M. WERNERT CENTER

October Calendar

OCTOBER 2024					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p>THOMAS M. WERNERT CENTER FOR MENTAL HEALTH RECOVERY & SUPPORT</p>	10:00 AM Computer Basics 1 10:30 AM WRAP (2) 1:00 PM Feelings First 6:00 PM Men's 360 Movie Night*	ALL DAY: Activity Sign-Ups 2 9:15 AM Gardening Club 11:00 AM 12 Steps DRA 1:00 PM Peer Basics (1) 1:00 PM Computer Basics 1:30 PM Creative Expressions	10:30 AM NEW-R (1) 3 11:00 AM Thrifted Ghost Frames 11:00 AM Diabetes Support 1:00 PM DBSA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 4 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA	
	9:15 AM Gardening Club 7 11:00 AM Uplifting Women 12:00 PM Men's 360 1:00 PM Euchre Tournament 1:00 PM Personal Leadership (2)	10:00 AM Computer Basics 8 10:30 AM WRAP (3) 11:00 AM KARAOKE 11:00 AM Living Well 1:00 PM Feelings First	9:15 AM Gardening Club 9 11:00 AM Empowering Change 11:00 AM 12 Steps DRA 1:00 PM Peer Basics (2) 1:00 PM Computer Basics	10:30 AM NEW-R (2) 10 10:45 AM Bowling Outing* 11:00 AM Diabetes Support 1:00 PM SA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 11 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM NAMI Forum 11:00 AM DRA 12:45 PM Stress Busters
	9:15 AM Gardening Club 14 11:00 AM Uplifting Women 1:00 PM Personal Leadership (3) 1:30 PM Lawn Darts	10:30 AM WRAP (4) 15 11:00 AM Living Well 12:00 PM BINGO 1:00 PM Feelings First	9:15 AM Gardening Club 16 11:00 AM 12 Steps DRA 12:00 PM Rock Painting with Oak Street Health 1:00 PM Peer Basics (3)	10:30 AM NEW-R (3) 17 10:45 AM Coffee Connections* 11:00 AM Diabetes Support 1:00 PM DBSA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 18 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA
	9:15 AM Gardening Club 21 11:00 AM Uplifting Women 1:00 PM UNO Tournament 1:00 PM Personal Leadership (4)	10:30 AM WRAP (5) 22 11:00 AM Remote Control Car Racing 1:00 PM Feelings First 4:30 PM TMWC Board Meeting	9:15 AM Gardening Club 23 10:30 AM Pumpkin Patch* 11:00 AM 12 Steps DRA 11:00 AM Empowering Change 1:00 PM Peer Basics (4)	OPEN AT 10:00 A.M. 24 10:30 AM NEW-R (4) 11:00 AM Resist Painting 11:00 AM Diabetes Support 1:00 PM SA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 25 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA 11:00 AM Legal Aid Forum 12:45 PM Stress Busters
	9:15 AM Gardening Club 28 11:00 AM Uplifting Women 12:00 PM Men's 360 1:00 PM Personal Leadership (5) 1:30 PM Velvet Art	10:30 AM WRAP (6) 29 11:00 AM Pumpkin Painting 11:00 AM Living Well 1:00 PM Feelings First 1:00 PM Computer Basics	ALL DAY: FALL SCAVENGER HUNT 30 9:15 AM Gardening Club 11:00 AM 12 Steps DRA 1:00 PM Peer Basics (5) 1:00 PM Computer Basics	10:30 AM NEW-R (5) 31 11:00 AM Diabetes Support 11:00 AM HALLOWEEN PARTY! 1:00 PM DBSA	PLEASE CONTACT TMWC STAFF FOR RSVPs ACTIVITIES: Maddie (419-764-5346) EXPRESSIVE ARTS: Alyssa (419-242-3000 ext. 109) FITNESS: Lindsay (419-242-3000 ext. 110) COMPUTER LAB: Rodney (419-242-3000 ext. 114)

Recovery is Beautiful 2024



September was Recovery Month, and Mental Health & Recovery Services Board of Lucas County celebrated with their annual Recovery is Beautiful festival here at TMWC. Guests enjoyed free food, good music, face painting, inflatables, bingo, and friends and family on a beautiful summer afternoon. We were even visited by the Scott High School Drum Line!

Feeling a sense of belonging can help people on their recovery journey. Building social supports and a caring community is essential for recovery. We hope that everyone was able to make meaningful connections and bolster our recovery community.

Thank you to Arrowhead Behavioral Health, D.A.R.T, Harbor, NAMI, NPI, Ohio Guidestone, Unison, UTMC Department of Psychiatry, and other community partners for their support -- and a huge thank you to everyone who attended showing support for the recovery community.

Issue Box Theatre Virtual Performance



Join TMWC and Issue Box Theatre for 'I Want You To See Me,' a collaborative Virtual Viewing Performance that highlights various lived experiences and stories. This short film aims to amplify the real voices and stories of those who have been silenced by their communities or societies. There are two films, one of which features all voices from members of the Thomas M. Wernert Center. A showing of this film will be held at TMWC on Friday, October 4, 2024 at 11:15 a.m., prior to Supper Club.



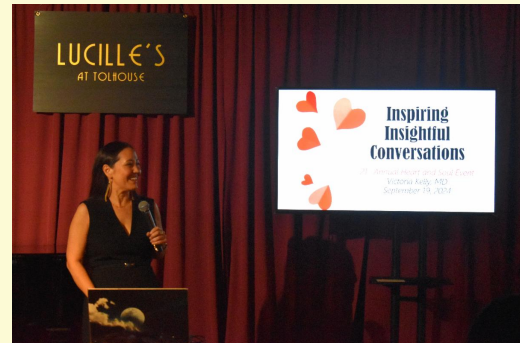
TMWC Family Fun Night Recap

Everyone had a blast at the TMWC Family Fun Night in celebration of Recovery Month.

Held September 25 in the evening, this event was an opportunity for members to show their family members how much fun they have at TMWC during the day.

Members were joined by moms, dads, sons, daughters, grandparents, and more for an evening of entertainment, music, games, art, and prizes.

Not only was Family Fun Night an



Inspiring Insightful Conversations

Heart & Soul: *Caring for our Community* held an Inspiring Insightful Conversations fundraiser to benefit Thomas M. Wernert Center and Northwest Ohio Behavioral Healthcare on Thursday, September 19 at TolHouse in Toledo.

More than 50 community members enjoyed an informative evening featuring Dr. Victoria Kelly, a Clinical Assistant Professor, Psychiatry Program Director, and Vice Chair for Education in the Department of Psychiatry at the University Of Toledo

opportunity for members to give their family a tour, but it was also a chance for staff to show their appreciation for all members.

Thank you to everyone who attended this fun event -- family included!

College of Medicine & Life Sciences and University of Toledo Medical Center.

Dr. Kelly provided information on Trauma Informed Care, focusing on the impact of trauma and what people can do to get some control over their circumstances.

What's Happening at TMWC



Support Groups

FEELINGS FIRST: Resolving Anger Issues on Tuesday, October 15 @ 1:00 p.m.
UPLIFTING WOMEN: YWCA Health Forum on Monday, October 21 @ 11:00 a.m.
STRESSBUSTERS: Positive Self-Thought on Friday, October 11 @ 12:45 p.m.
SAFEZONE: LGBTQ+ History Wax Museum on Friday, October 11 @ 10:30 a.m.
MEN'S 360: Studio Ghibli Movie Night on Tuesday, October 1 @ 6:00 p.m.

Activities and Programs

Bowling Day (October 10 @ 10:45 a.m.): Come bowl a strike with your peers at Bowlero! No matter if you're a seasoned bowler or it's your first time, we encourage all to sign up on October 3.

Coffee Connections (October 17 @ 10:45 a.m.): Get to know your peers through Coffee Connections. On this monthly outing, we explore a local coffee shop for good food, java, and even better conversations. Sign up on October 3 with Mikaela.

Pumpkin Patch Visit (October 23 @ 10:30 a.m.): We're headed back to Gust Brothers Farms to visit their pumpkin patch! Come search for the perfect pumpkin to carve just in time for Halloween. Sign up October 3.

Fall Scavenger Hunt (October 30 ALL DAY): Rodney has been hiding things again! Come find what he stashed around the center and compete for prizes. NO RSVP NECESSARY.

Halloween Party (October 31 @ 11:00 a.m.): Don't be scared, it's time to get spooky! Dress up in your favorite costume and celebrate Halloween with your peers. NO RSVP NECESSARY.

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, October 4 @ 9:15 a.m.: Amy S. from OSU Extension Office

Expressive Arts

Alyssa - 419-242-3000 ext. 109

October 1 @ 11:00 a.m. and 1:30 p.m.: Zentangle Pumpkin Drawing
October 3 @ 11:00 a.m. and 1:30 p.m.: Thrifted Ghost Frames
October 7 @ 11:00 a.m. and 1:30 p.m.: Fall Acorn Project
October 16 @ 9:00 a.m. and 11:00 a.m.: Fall Leaf Paper Mosaics
October 21 @ 9:00 a.m. and 11:00 a.m.: Patchwork Paper Pumpkins
October 30 @ 11:00 a.m. and 1:30 p.m.: Halloween Crafts

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 (Mondays @ 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.

Sara Answers the Call

Meet Sara, the smile that greets you as soon as you enter TMWC. Most days, you can find Sara directing traffic at the front desk or helping members in the club room.

"I like to build relationships at TMWC," says Sara. "My goal is to get to know as many members as I



can so I can make them feel comfortable when they walk in the door.”

As a student at Davis University working on a degree in Business Management, Sara joined TMWC as an intern in 2022. A Toledo native, Sara also worked at ProMedica as a valet while in school and after graduation. She joined the TMWC team full-time in May 2023 as TMWC Data Specialist and Receptionist. "I love my job, the members, and my colleagues," adds Sara.

Sara's favorite food is steak, her favorite TV show is *Baddies*, her favorite movie is *Happy Feet*, her favorite book is *Becoming a Master Student*, and if she could travel anywhere in the world, it would be the Bahamas.

Outside of work, Sara is a football mom who loves hanging out with her son, Kodey.

Be sure to get to know Sara at the front desk!

RECOVERY together



SafeZone went on a picnic to the Middlegrounds!



We made it through the corn maze at Gust Brothers Farms!



Expressing ourselves through art is always a good idea!



Congrats to our Peer Education Program (PEP) Grads!

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

FOR MENTAL HEALTH RECOVERY & SUPPORT

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SUPPORTED BY:



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