



PEER connections

SEPTEMBER 2024

A PUBLICATION OF THOMAS M. WERNERT CENTER

September Calendar

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TMWC CLOSED FOR LABOR DAY HOLIDAY 2</p>	<p>10:00 AM Computer Basics 3</p> <p>10:30 AM 8 Dimensions of Wellness (10) GRADUATION!</p> <p>10:45 AM Corn Maze*</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p>	<p>ALL DAY: Activity Sign-Ups 4</p> <p>9:15 AM Gardening Club</p> <p>11:00 AM DRA</p> <p>1:00 PM Exploring Emotions (10)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM Creative Expressions</p>	<p>10:00 AM Circuit Training 5</p> <p>11:00 AM Diabetes Support</p> <p>11:00 AM SafeZone Picnic*</p> <p>1:00 PM DBSA</p>	<p>9:15 AM Gardening Club 6</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p>
<p>9:15 AM Gardening Club 9</p> <p>11:00 AM Uplifting Women</p> <p>12:00 PM Men's 360</p> <p>1:00 PM Nature Walk* + Geocaching*</p>	<p>10:00 AM Computer Basics 10</p> <p>11:00 AM 8D Art Museum Trip</p> <p>11:00 AM Living Well</p> <p>11:00 AM KARAOKE</p> <p>1:00 PM Feelings First</p>	<p>9:15 AM Gardening Club 11</p> <p>11:00 AM Empowering Change</p> <p>11:00 AM DRA</p> <p>1:00 PM Computer Basics</p> <p>1:00 PM Exploring Emotions (11) GRADUATION!</p> <p>1:30 PM Knitting Circle</p>	<p>10:00 AM Circuit Training 12</p> <p>11:00 AM Diabetes Support</p> <p>1:00 PM SA</p> <p>1:30 PM Four Square</p>	<p>9:15 AM Gardening Club 13</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p> <p>1:00 PM Gaming for Mental Health</p>
<p>9:15 AM Gardening Club 16</p> <p>11:00 AM Uplifting Women</p> <p>12:00 PM Men's 360</p> <p>1:30 PM Board Games</p>	<p>10:00 AM Computer Basics 17</p> <p>11:00 AM Living Well</p> <p>1:00 PM Cornhole</p> <p>1:00 PM Feelings First</p>	<p>9:15 AM Gardening Club 18</p> <p>11:00 AM DRA Outing</p> <p>1:00 PM Computer Basics</p> <p>1:00 PM Soccer</p>	<p>10:00 AM Circuit Training 19</p> <p>11:00 AM Pictionary</p> <p>11:00 AM Diabetes Support</p> <p>1:00 PM DBSA</p>	<p>9:15 AM Gardening Club 20</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>11:00 AM Family Center Forum</p> <p>12:45 PM Stress Busters</p>
<p>9:15 AM Gardening Club 23</p> <p>11:00 AM Uplifting Women</p> <p>12:00 PM Men's 360</p> <p>1:00 PM Skip-Bo Tournament</p> <p>1:00 PM Personal Leadership (1)</p>	<p>10:00 AM Computer Basics 24</p> <p>10:30 AM WRAP (1)</p> <p>11:00 AM Living Well</p> <p>12:00 PM BINGO</p> <p>1:00 PM Feelings First</p> <p>4:30 PM TMWC Board Meeting</p>	<p>CIT Session 9 a.m. - 12 p.m. 25</p> <p>11:15 AM Mud Hens Game*</p> <p>1:00 PM Computer Basics</p> <p>5:30 PM TMWC FAMILY FUN NIGHT!</p>	<p>CIT Session 9 a.m. - 12 p.m. 26</p> <p>10:45 AM Coffee Connections*</p> <p>1:00 PM SA</p> <p>1:00 PM Good Nutrition</p>	<p>9:15 AM Gardening Club 27</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p>
<p>9:15 AM Gardening Club 30</p> <p>11:00 AM Uplifting Women</p> <p>12:00 PM Men's 360</p> <p>1:00 PM Personal Leadership (2)</p> <p>1:00 PM Gaming for Mental Health</p>	<div style="text-align: center;">  <p>THOMAS M. WERNERT CENTER FOR MENTAL HEALTH RECOVERY & SUPPORT</p> </div>			
<p>PLEASE CONTACT TMWC STAFF FOR RSVPs</p> <p>ACTIVITIES: Maddie.... 419-764-5346</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>				

TMWC at Toledo Pride 2024



On Saturday, August 24, 2024, the Thomas M. Wernert Center celebrated Pride with the rest of Toledo!

Members and staff walked in the parade, danced down Adams, and rode in our beautiful float as we showed our colors for everyone watching. We were also present in an outreach capacity at our booth at Promenade Park.

We laughed, we sang, we danced, we taught, we learned, and we are proud.

A special thanks to the entire TMWC SafeZone support group, as they spent the entire month leading up to the festival preparing for our involvement. They practiced elevator speeches, decorated our float, and had huge hands in planning and logistics.

Bravo to everyone involved!

NATIONAL SUICIDE PREVENTION MONTH



MGN

September is National Suicide Prevention Month, and TMWC would like to extend our support to those struggling with suicidal ideation and other harmful thoughts. We provide engaging programming that allows members to fill the gaps where suicidal thoughts would normally reside. If you or anyone you know is struggling with suicidal ideation, please call or text 988, the National Suicide and Crisis Lifeline.



Frankenmuth Riverboat Riding

This past month, our members took a ride on the Bavarian Belle Riverboat in historic Frankenmuth, MI.

Members enjoyed refreshments and sun while learning about the German pioneers of America, dating back to 1844.

Outings like this are empowering to members, showing them that living with

Recovery is Beautiful Free Family Festival

Saturday, September 14 | 11:00am to 2:00pm
TMWC Parking Lot | 208 W. Woodruff

ACTIVITIES INCLUDE:
Face Painting / Bounce House / DJ
Bingo / Karaoke / Food Trucks / And More!



Recovery is Beautiful Festival

The Mental Health & Recovery Services Board of Lucas County and other recovery organizations are hosting a Recovery is Beautiful Festival on Saturday, September 14, 2024 from 11:00 a.m. to 2:00 p.m.

Held on the campus of TMWC, this event is for everyone to connect and celebrate those in Toledo's recovery community. September is National Recovery Month, a great time to

mental illness doesn't mean we miss out on the opportunity to connect and enjoy the world.

Be sure to check out our upcoming outings on the September calendar.

celebrate.

Stop by and enjoy free food trucks, inflatables, games, music, and an overall great time for all ages.

What's Happening at TMWC



Support Groups

FEELINGS FIRST: Happy Brain Chemicals Tuesday, September 10 at 1:00 p.m.
UPLIFTING WOMEN: Core Values Discussion Monday, September 23 at 11:00 a.m.
STRESSBUSTERS: Choose Your Own Adventure Friday, September 6 at 12:45 p.m.
SAFEZONE: Safe Zone Picnic Outing Thursday, September 5 at 11:00 a.m.
MEN'S 360: Shame, Stigma, and Recovery Monday, September 16 at 12:00 p.m.

Activities and Programs

Corn Maze Outing (September 3 @ 10:45 a.m.): We're headed back to Gust Brothers Farms to visit their corn maze! Follow the trail as we stroll through the maze and reward yourself with a sweet treat and some cider when you finish. Contact Maddie for sign-ups.

Nature Walk (September 9 @ 1:00 p.m.): Explore the great outdoors with your peers. Sign up on September 4.

Mud Hens Game (September 18 @ 11:15 a.m.): The Toledo Mud Hens are facing off against the Columbus Clippers, and we will be there to cheer them on! Score a home run with some friends and enjoy some great food. Be sure to sign up on September 4.

East Toledo Family Center Forum (September 20 @ 11:00 a.m.): Stop by TMWC on September 20 to participate in the ETFCC Forum on senior services, safety concerns, neglected properties, and access to youth programming opportunities. Stay for Supper Club.

Good Nutrition Speaker (September 26 @ 1:00 p.m.): Come learn about your body and essential nutrients with Sarah from OSU. NO RSVP.

Coffee Connections (September 26 @ 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 September 4 with Maddie.

Expressive Arts

Alyssa - 419-242-3000 ext. 109

Check the Art Studio door for Open Art and daily projects

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.

Geocaching (September 9 @ 1:00 p.m.): Join Rodney on an easy walk around the neighborhood, and use GPS to discover hidden treasures placed around the city by Toledo residents.

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.

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, September 14 @ 9:30 a.m.: Amy S. from OSU Extension Office

BOARD OF TRUSTEES

APPLICATIONS DUE: FRIDAY, SEPTEMBER 13, 2024

ELECTIONS: FRIDAY, NOVEMBER 22, 2024

208 W. WOODRUFF AVE

Nominations Open for TMWC Member Elected Trustees

The TMWC Board of Trustees is made up of an equal number of TMWC members and community volunteers. TMWC is looking for TMWC member nominees who have the passion and knowledge to fulfill our mission. Board meetings are used to discuss matters related to the governance of TMWC and its members.

Eligible members are invited to apply for Member Elected Trustee positions for 2025 through 2027. Those interested must complete a board application by 3:00 p.m. on Friday, September 13, 2024. Board

Current member trustees are:

- Troy Deters
- Henry Hartford
- Georgia Humbarger
- Lucy Dias
- Gwen Hoskins
- Evamae Lavoy

applications can be picked up at the front desk.

Elections will be held at the Friday, November 22 Annual Meeting held during Supper Club. If you are interested in being a member of the TMWC Board of Trustees, please see a current member trustee for more information.

Driving with a Purpose



Meet Roger, the newest vehicle driver with TMWC. You can catch Roger coming and going throughout the day or hanging out in the Club Room between trips.

"I really like interacting with my coworkers and the members," says Roger. "I look forward to helping everyone get through the day and being a part of the team." Roger's lived experience with anxiety, depression, and ADD, helps him relate to members.

Originally from Detroit, Roger has lived in Toledo for the past nine years. Some fun facts about Roger are: his favorite movie is *The Shawshank Redemption*, his favorite thing to eat is Chinese food, he loves the Detroit Lions, and if he could travel anywhere anytime he would go to New York City every time.

Prior to working at TMWC, Roger was a 'house husband,' who took care of his wife and dogs. He also was a bus driver for kids with special needs.

Welcome Roger! We are so glad you have joined the TMWC team!

RECOVERY together



We take such great care of our garden!



Rocking out on Karaoke Day!



We met some furry and feathery friends at Bracey Bison Ranch



A relaxing day on the water in Frankenmuth, MI.

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

Evamae LaVoy – Secretary

- Community Volunteer

Raina Dawson

- Advocates for Basic Legal Equality

Troy Deters – Community Volunteer

Lucy Dias – Community Volunteer

Henry Hartford – Community Volunteer

Crystal Heft

- Lucas Co. Family and Children First Council

Gwen Hoskins – Community Volunteer

Georgia Humbarger – Community Volunteer

Patricia J. Robb – Executive Director

Noah A. Hupp – Communications Specialist



THOMAS M. WERNERT CENTER

FOR MENTAL HEALTH RECOVERY & SUPPORT

208 W. Woodruff | Toledo, OH 43604

Phone: 419.242.3000 | Fax: 419.242.0750

www.wernertcenter.org | info@wernertcenter.org



SUPPORTED BY:



Thomas M. Wernert Center | 208 W Woodruff Ave | Toledo, OH 43604 US

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