

JULY 2022

Mon	Tue	Wed	Thu	Fri
<p>*You must RSVP for Coffee Connections and Outings Contact Bianca at 419-764-5364 or bcortes-ferreira@wernertcenter.org</p>				<p>1</p> <p>TMWC 2nd ANNUAL PARKING LOT PARTY*</p>
<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p>	<p>5</p> <p>11:00 a.m. Living Well 11:00 a.m. DIY Popsicles 1:00 p.m. Emotions Matter 1:00 p.m. Strength Train Together</p>	<p>6</p> <p>ALL DAY Activity Sign Up 9:30 a.m. Gardening Club 12:30 p.m. Dual Recovery Anonymous (DRA) 2:00 p.m. Safe Zone</p>	<p>7</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Ice Cream Social 1:00 p.m. Schizophrenia Alliance (SA)</p>	<p>8</p> <p>9:30 a.m. Gardening Club 11:00 a.m. DRA 11:00 a.m. Bingo 12:30 p.m. Stress Busters</p>
<p>11</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 11:00 a.m. Litter League* 12:30 p.m. Coping Skills for Diabetes (CSD) Class 1 of 8</p>	<p>12</p> <p>11:00 a.m. Living Well 12:30 p.m. Nutrition & Exercise for Wellness & Recovery (NEW-R) Class 1 of 8 1:00 p.m. Emotions Matter 2:00 p.m. Yogaja Yoga*</p>	<p>13</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Mental Health Literacy (MHL) Class 1 of 8 11:00 a.m. Line Dancing 12:30 p.m. DRA 2:00 p.m. Safe Zone</p>	<p>14</p> <p>11:00 a.m. Diabetes Support 11:30 a.m. Sandpiper Ferry Outing* 1:00 p.m. Depression Bipolar Support Alliance (DBSA) 1:00 p.m. Strength Train Together</p>	<p>15</p> <p>9:30 a.m. Gardening Club 11:00 a.m. DRA 11:00 a.m. Forum: Musical Guest</p>
<p>18</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 11:00 a.m. Toledo Zoo Outing* 12:30 p.m. CSD Class 2 of 8</p>	<p>19</p> <p>11:00 a.m. Living Well 11:00 a.m. Coffee Connections* 12:30 p.m. NEW-R Class 2 of 8 1:00 p.m. Emotions Matter</p>	<p>20</p> <p>9:30 a.m. Gardening Club 11:00 a.m. MHL Class 2 of 8 11:00 a.m. Talent Show* 12:30 p.m. DRA 2:00 p.m. Safe Zone</p>	<p>21</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Cardio Drumming & Smoothie Outing* 1:00 p.m. SA</p>	<p>22</p> <p>9:30 a.m. Gardening Club 11:00 a.m. DRA 11:00 a.m. Forum: Welcome Toledo-Lucas County 12:30 p.m. Stress Busters</p>
<p>25</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 11:00 a.m. Musical Movie 12:30 p.m. CSD Class 3 of 8</p>	<p>26</p> <p>11:00 a.m. Living Well 11:00 a.m. Flower Farm* 12:30 p.m. NEW-R Class 3 of 8 1:00 p.m. Emotions Matter 4:30 p.m. TMWC Board Meeting</p>	<p>27</p> <p>9:30 a.m. Gardening Club 11:00 a.m. MHL Class 3 of 8 11:00 a.m. Litter League* 12:30 p.m. DRA 2:00 p.m. Safe Zone</p>	<p>28</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Walk the Park Scavenger Hunt* 1:00 p.m. DBSA 1:00 p.m. Strength Train Together</p>	<p>29</p> <p>9:30 a.m. Gardening Club 11:00 a.m. DRA 11:00 a.m. Forum: Toledo Zoo Discovery Lab</p>

What's Happening at TMCWC



Living Well

Sarah – 419-242-3000 ext. 116

July 5: Basics of Budgeting

July 12: Setting Goals

July 19: Rainy Day Funds

July 26: Spending Habits

Emotions Matter

Amy – 419-242-3000 ext. 108

July 5: Recognizing the Purpose of Emotions

July 12: Vulnerable and Intimate Conversations

July 19: Emotions and Intensity

July 26: Looking After Your Mental Health

Duel Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

July 6: Surrender to Win

July 8: Step Meeting

July 13: When Pride Gets in the Way

July 15: Positivity

July 20: Willingness

July 22: Step Meeting

July 27: When Pride Gets in the Way

July 29: How to Keep Recovering During Times of Stress & Anxiety

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

July 6: Pride All Year: Freedom & The Fight for LGBTQ+ Rights

July 13: Non-Binary Awareness Week

July 20: International Drag Day

July 27: A is for Ace Part II: Asexuality and Aromantics

Stress Busters

Donna – 419-242-3000 ext. 106

July 8: Why Men and Women React Differently to Stress

July 22: How to Stop Stress in the Moment

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

July 7: Schizophrenia and Isolation

July 21: Schizophrenia Q & A

Depression Bipolar Support Alliance

Lori – 419-242-3000 ext. 117

July 14: Bullying: Effects on Anxiety and Depression

July 28: Abuse, Depression, and Anxiety

Women's Peer Support

Kathleen – 419-242-3000 ext. 118

July 11: Welcoming Women

July 25: Vision Boards (RSVP)

Diabetes Support

Sarah – 419-242-3000 ext. 116

July 7: Diabetes 101

July 14: The Why's

July 21: Patient Advocacy

July 28: Mythbusting

Gardening Club

(9:30 a.m. – 10:30 a.m.)

Donna – 419-242-3000 ext. 106

July 6: Guest: Sarah Schmitt

July 8: Guest: Amy Stone

July 11: Oregano

July 12: Toledo Grows Outing (RSVP)

July 13: Guest: Sarah Schmitt

July 15: Edible Flowers

July 18: Pansies

July 20: Guest: Sarah Schmitt

July 22: Make & Take (RSVP)

July 25: Tomatoes

July 27: Guest: Sarah Schmitt

July 29: Blueberries

Expressive Arts

Neil – 419-242-3000 ext. 111

Monday: Movement & Drama

Tuesday: Language Arts & Music

Wednesday: Visual Art (RSVP)

Thursday: Crafts (RSVP)

Friday: Open Studio

Computer Lab

Todd – 419-242-3000 ext. 114

Computer Lab Workshops will be held July 11, July 15, July 25, & July 29.

Learn about social media, account security, interacting with technology, and more!

Eigensee Family Fitness Room

Lindsay – 419-242-3000 ext. 110

Please RSVP

July 5: Strength Train Together

July 12: Yogaja Floor Yoga Class

July 14: Strength Train Together

July 26: Strength Train Together