



PEER *connections*

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A PATH TO RESILIENCE

Allie's Post-Pandemic Journey

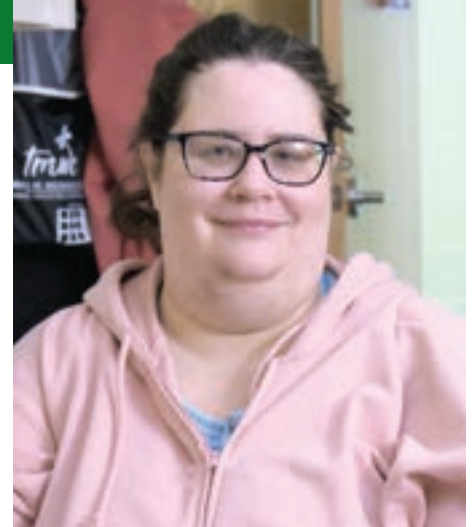
The past two years have been hard for all of us, but they were made especially harder for Allie. She experienced additional trauma during that time, making it difficult for her to leave her house even when the pandemic's quarantine mandates were lifted. "I was a shell of a person," Allie explains. "My loved ones didn't recognize me. I didn't recognize me." Allie lives with depression, anxiety panic disorder, and Post Traumatic Stress Disorder (PTSD).

Allie's caseworker recommended she check out Thomas M. Wernert Center. She was hesitant and nervous during her initial visit to TMWC; however, when she immersed herself in what TMWC has to offer, she started to feel more outgoing.

By participating in Expressive Arts and attending Gardening Club meetings, she was able to re-introduce herself into social settings at a pace that was comfortable for her. "The welcoming atmosphere and level of understanding from everyone here make seeking help a judgment-free experience," says Allie.

Allie recently graduated from Mental Health Literacy, her first Peer Enrichment Program course at TMWC. She plans to take Peer Support and Leadership later this year. In addition, she is taking the necessary steps to become a state-certified peer supporter.

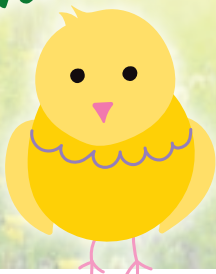
"I don't think I would have been able to overcome my social anxiety without peer support," Allie says.



As she looks back on her time as a member of TMWC, Allie is overwhelmed by the improvements and accomplishments that have gotten her this far in her recovery. Her recovery journey is the motivation she needs to keep growing and moving forward.

"Those close to me have noticed the changes," she says. "More importantly, I'm noticing them, too."

You're invited!



SPRING SUPPER CLUB

Thomas M. Wernert Center wants to celebrate spring by offering a special Supper Club for members on **Friday, April 15**.

TMWC will have a catered lunch of ham OR turkey wrap. Please give your preference when reserving your lunch. Meals may be taken to go or enjoyed in the Clubroom.

TO RESERVE YOUR LUNCH:

RSVP with Janese at **419-242-3000** ext. 120 before 3:00 p.m. on Wednesday, April 6, 2022.

If you have a dietary restriction or cannot eat pork, please let Janese know.

See you there!

GRADUATION SEASON AT TMWC

At the start of 2022, some of our members made a goal of completing a Peer Enrichment Program (PEP) course at Thomas M. Wernert Center. Now the time has come for us to honor those who have achieved their goal. TMWC is pleased to announce its current graduating class of 16 dedicated members who have completed one of the following courses: Mental Health Literacy, Peer Support, Nutrition & Exercise for Wellness & Recovery, Coping Skills for Diabetes, and Exploring Emotions.

“It is inspiring seeing our members so excited to learn,” says Advocacy Director, Stacey. TMWC staff and supporters understand the effort and discipline required to take on a commitment such as an 8 to 10-week class and finish it.

We are so proud of all PEP course graduates and wish you the best in your future endeavors.

Not only do we want to recognize our graduates, but also our staff who make education possible at TMWC. Never before has the Peer Enrichment Program facilitated classes five days a week for several weeks, but they were able to do so with patience, enthusiasm, and determination. Thank you, Katie and Callie, for all of your hard work and care.

If you are interested in learning more about our PEP classes, please contact Katie at 419-242-3000, ext. 103.



NEW-R graduates: Darla, Lindsay (co-instructor), Callie (facilitator), Norma, Katie (facilitator), and Diane.



Mental Health Literacy graduates: Norma, Carol, Callie (facilitator), Allie, Meon, and Chloe.



Peer Support graduates: Shirley and Bianca (not pictured) and facilitators, Katie and Callie.



TMWC and Yogaja Yoga have teamed up for a special wellness event! On **Monday, April 25** the clubroom and other activities will close at 12:45 p.m. for an afternoon of mindfulness and movement.

Participants will receive a yoga mat, smoothie, and one hour beginner yoga class.

For more information or to RSVP for this event, please contact Lindsay at 419-242-3000 ext. 110.



Thomas M. Wernert Center will be raffling off 10 half-price tickets (\$20) for members to attend Toledo Heart & Soul's Celebrity Wait Night Event on **Tuesday, May 10.**

Please see Mikaela or Chloe to enter your name in the drawing. Winners will be chosen on Monday, April 25. Good luck!

AROUND CAMPUS



Toledo native, Dr. Anthony Pattin puts on a lovely piano performance for members.



Stephanie shows off her new spider plant in Gardening Club.



Steve participates in a friendly TMWC pool tournament.



TMWC members visit Toledo's Imagination Station.



Meon and Carol congratulate each other on a great game of pool.



Neil and Jonathan practice making origami in Expressive Arts.



THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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RETURN SERVICE REQUESTED



Our social with TMWC on
Facebook, Instagram and Twitter

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.

VISION

To be the most innovative peer-driven mental health recovery and support center.

BOARD OF TRUSTEES

Lisa Urrutia – President

Oswald Companies

George Monger, CPA – Treasurer

William Vaughan Company

Evamae LaVoy – Secretary

Community Volunteer

Jesse Baum – Glass City Academy

Taylor Burns – Legal Aid of Western Ohio
(LAWO)

Timothy Cummins – US Coast Guard

Marine Safety Office, Toledo

Amanda Dennis – Community Volunteer

Warren Fray – Community Volunteer

Georgia Humbarger – Community Volunteer

Tammy Hochradel – Community Volunteer

Theresa Nelson – Community Volunteer

Deborah Riley-Jackson – Fair Housing Center

Patricia J. Robb – Executive Director

SAVE THE DATE

Celebrity
WAIT NIGHT



TUESDAY, MAY 10, 2022
6:00 TO 9:00 P.M.



JOIN US AT ZIA'S AT THE DOCKS

\$40 PER PERSON

PAYABLE IN ADVANCE

**INCLUDES DINNER,
50/50 RAFFLE &
SILENT AUCTION**

CASH BAR

REGISTER AT:

www.heartandsoultoledo.com

Or call Abbey at 419.764.4387

Be sure to register early.
This event has sold out quickly in the past.

PROCEEDS TO BENEFIT:

Northwest Ohio Psychiatric Hospital
Thomas M. Wernert Center



Join us as we raise awareness to remove the stigma associated with mental illness.

APRIL 2022

APRIL 2022				
Mon	Tue	Wed	Thu	Fri
<p>*You must RSVP for Coffee Connections and Outings Contact Mikaela at 419-764-5364 or mmyers@wernertcenter.org</p>				<p>1 ALL-DAY Movies and Popcorn 9:30 a.m. Gardening Club 11:00 a.m. DRA Support 12:30 p.m. Stress Busters</p>
<p>4 11:00 a.m. Wellness Recovery Action Plan (WRAP) Class 1 of 9 12:00 p.m. Women's Peer Support 1:00 p.m. Skip-Bo Tournament 1:00 p.m. Using Social Media (Computer Lab)</p>	<p>5 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. Mental Health Literacy (MHL) Class 3 of 8</p>	<p>6 ALL-DAY Activity Sign Up 11:00 a.m. Leadership Class 2 of 9 2:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>7 11:00 a.m. Diabetes Support 12:30 p.m. WMR Class 2 of 11 1:00 p.m. DBSA Support</p>	<p>8 9:30 a.m. Gardening Club 11:00 a.m. Bingo 11:00 a.m. DRA Support 12:30 p.m. Anger Awareness 1:00 p.m. Password Workshop (Computer Lab)</p>
<p>11 11:00 a.m. WRAP Class 2 of 9 11:00 a.m. Jack Box TV Games 12:00 p.m. Women's Peer Support</p>	<p>12 11:00 a.m. Coffee Connections Outing* 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. MHL Class 4 of 8</p>	<p>13 9:30 a.m. Gardening Club 11:00 a.m. Leadership Class 3 of 9 1:00 p.m. Empowerment Ed. 2:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>14 9:30 a.m. Gardening Club 11:00 a.m. Diabetes Support 11:00 a.m. Bowling Outing* 12:30 p.m. WMR Class 3 of 11 1:00 p.m. SA Support 2:30 p.m. Grief & Loss</p>	<p>15 9:30 a.m. Gardening Club 11:00 a.m. Peer Support Class 1 of 9 11:00 a.m. DRA Support 12:30 p.m. Stress Busters 11:00 a.m. – 2:30 p.m. Spring Lunch & Egg Hunt</p>
<p>18 11:00 a.m. WRAP Class 3 of 9 12:00 p.m. Women's Peer Support 1:00 p.m. Heritage Sylvania Guest Speaker 1:00 p.m. Password Workshop (Computer Lab)</p>	<p>19 11:00 a.m. Karaoke 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. MHL Class 5 of 8</p>	<p>20 9:30 a.m. Gardening Club 11:00 a.m. Leadership Class 4 of 9 1:00 p.m. Empowerment Ed. 2:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>21 9:30 a.m. Gardening Club 11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections Outing* 12:30 p.m. WMR Class 4 of 11 1:00 p.m. DBSA Support</p>	<p>22 9:30 a.m. Gardening Club 11:00 a.m. Legal Aid Forum 11:00 a.m. Peer Support Class 2 of 9 11:00 a.m. DRA Support 12:30 p.m. Anger Awareness 1:00 p.m. Using Social Media (Computer Lab)</p>
<p>25 11:00 a.m. WRAP Class 4 of 9 12:00 p.m. Women's Peer Support 1:00 p.m. Yoga Activity*</p>	<p>26 11:00 a.m. Dollar Tree Outing* 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. MHL Class 6 of 8</p>	<p>27 9:30 a.m. Gardening Club 11:00 a.m. Leadership Class 5 of 9 12:30 p.m. DRA Support 1:00 p.m. Empowerment Ed. 1:00 p.m. Safe Zone Outing*</p>	<p>28 9:30 a.m. Gardening Club 11:00 a.m. Diabetes Support 12:30 p.m. WMR Class 5 of 11 1:00 p.m. SA Support 2:30 p.m. Grief & Loss</p>	<p>29 9:30 a.m. Gardening Club 11:00 a.m. Ping Pong Tournament 11:00 a.m. Peer Support Class 3 of 9 11:00 a.m. DRA Support 12:30 p.m. Stress Busters</p>

What's Happening at TMWC

Anger Awareness

Lori – 419-242-3000 ext. 117

April 8: Anger as a Mental Health Symptom

April 22: Ways to Control Your Anger

Stress Busters

Donna – 419-242-3000 ext. 106

April 1: Depression and Managing Stress

April 15: Stress is Emotional Junk Food

April 29: 5 Areas Your Body Holds Stress

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

April 14: Schizophrenia and Emotional Expression

April 28: Schizophrenia and Acceptance

Grief & Loss

Sarah – 419-242-3000 ext. 116

April 14: Coping with Grief Induced Anxiety

April 28: Communicating Our Grief

Depression Bipolar Support Alliance

Bianca – 419-242-3000 ext. 124

April 7: Exercise and Depression

April 21: Focusing on the Good: How Attitude Aids in Recovery



Computer Lab Classes

Todd – 419-242-3000 ext. 114

April 4 & 22: Using Social Media

April 8 & 18: Passwords Workshop

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

Gardening Club

(9:30 a.m. – 10:30 a.m.)

Donna – 419-242-3000 ext. 106

Friday, April 1: The How-To, and To Do's – Participation of Gardening

Friday, April 8: Amy Stone from OSU (Guest Facilitator)

Wednesday, April 13: Spud Studs – Plant Potatoes

Thursday, April 14: Growing a Greener World – Compost Pedallers

Friday, April 15: National Geographic Water Crisis Video

Wednesday, April 20: Growing a Greener World – Container Gardening

Friday, April 22: Growing a Greener World – Setting Up a Garden

Wednesday, April 27: Growing a Greener World – Amend Soil

Thursday, April 28: Berry Nice – Plant Strawberries

Friday, April 29: Black Diamond Outing

Duel Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

April 1: Step 6

April 6: Acceptance

April 8: Self Love

April 13: Love and Tolerance

April 15: Step 7

April 20: Quality vs. Quantity

April 22: Self Sabotage

April 27: One Day at a Time

April 29: Step 8

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

April 6: Sexual Assault Awareness Month

April 13: Privilege and Coming Out

April 20: A is for Ace (Asexuality & Aromantics)

April 27: SafeZone Outing @ 1:00 p.m.

Diabetes Support

Callie – 419-242-3000 ext. 127

April 7: The Fear of Change

April 14: Preparing for Change

April 21: Creating a Vision for Change

April 28: Implementing Your Vision

Wellness Tools for Recovery

Sarah – 419-242-3000 ext. 116

April 5: Food Resources

April 12: How to Listen to Your Body

April 19: Health Myths

April 26: Personality

Women's Peer Support

Kathleen – 419-242-3000 ext. 118

April 4: Long Term Effects of Gaslighting

April 11: 6 Ways to Find Courage in Challenging Times

April 18: Hormones and Depression

April 25: 11 Ways to Attract Abundance in Your Life