



PEER connections

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TMWC MEMBERS WORK TO ERASE STIGMA

Signs of Hope

Members of the Thomas M. Wernert Center (TMWC) responded to a negative sign posted outside of the center with sign messages of their own. The members were answering to the recent publicity regarding a negative and suggestive sign placed on private property, directly outside of the center for all those entering the TMWC building to see.

“When all of this started, we all were greatly disturbed by the message on the sign. Initially there was a feeling of helplessness by members and staff.

The property is privately owned and sits adjacent to our parking lot,” says Patti Robb, Executive Director of TMWC.

Members and staff collaborated in coming up with a constructive way to respond. Yard signs were placed around the TMWC building by members and staff with a series of uplifting and affirming messages. Phrases like “You belong here,” and “Stop the stigma!” counter messaging. “The staff at TMWC spend a lot of time working with



members on learning to self-advocate as part of their recovery,” she adds.

According to TMWC member Lucy Dias, the Wernert Center is a safe space for members to come and work on themselves; a place they can count on to not be treated differently or judged on the stigma that comes with mental illness. “We wanted to do something about the sign that was both legal and positive,” she says. “Our time at TMWC is spent doing encouraging and educational activities that help us with our recovery. We want everyone to know they are welcome here and do not have to worry about what others say or think,” says Lucy.



*Support TMWC
When You Shop This
Holiday Season*

AmazonSmile

Make a difference while you shop for the holidays. Simply shop at smile.amazon.com/ch34-1723305 and Amazon will donate to TMWC, at no cost to you.

Kroger Community Rewards®

The Kroger Community Rewards Program allows TMWC to earn funds when you shop using your Kroger Plus card. Log on to krogercommunityrewards.com and select Thomas M. Wernert Center or QP411.

Holiday Hours

TMWC is closed on the following days/dates in celebration of the holidays and the New Year:

- Friday, December 23
- Monday, December 26
- Friday, December 31
- Monday, January 2, 2023

Thank you

HEART & SOUL

Caring for Our Community

Thank you, Heart & Soul: Caring for Our Community for another wonderful event benefiting the Thomas M. Wernert Center and Northwest Ohio Psychiatric Hospital. From all of us at Thomas M. Wernert Center, we are so grateful for the local community working to erase the stigma associated with mental illness.



HELPING OTHERS HELPS US

A volunteer is “a person who performs a service willingly,” according to Dictionary.com. Volunteer work provides for others, and has been reported to be beneficial to the health and happiness of those offering support. Think of a time you stepped up to assist another? How did you feel afterwards? Volunteering happens every day at the Thomas M. Wernert Center (TMWC). A peer supporter steps up to help a coworker with a class. A member offers to wipe down tables after a meal. Nursing students from University of Toledo, Lourdes University, and Owens Community College visit the center monthly to engage with members. Peers at TMWC are encouraged to engage in helping others, at the center and in the community. Last month, TMWC peers offered their services at newly opened, SAME Café. A dozen

peers participated in a trash pickup over the summer for Keep Toledo Lucas County Beautiful.

TMWC also welcomes volunteers from the community. A volunteer with TMWC connects with members who are actively working on recovery from mental illness. The volunteer peer supporter offers support, not solutions.

“I love volunteering,” says Michelle. Michelle is newest community volunteer with TMWC. “The work feels good, and feeds my soul,” she adds.

Michelle’s current role at TMWC involves assisting with clubroom activities, working one on one with peers, helping with kitchen prep, and brainstorming



programming ideas. She is not afraid to take the plunge into a conversation, or step in where there is a need. “I appreciate the experience of working with like-minded people,” says Michelle. “It feels productive.”

For more information on how to volunteer with TMWC, call Janese at 419-242-3000 ext. 120.

PEER SUPPORT IN ACTION



Work your mind and body in Brains & Balance class. Fridays at 10:00AM in the Eigensee Family Fitness Room.



All American Karate-Sylvania gives self defense lessons in TMWC's clubroom.



Graduating members of Peer Support class (above) and Exploring Emotions (below).



Janese and Evamae baking TWENTY sweet potato pies.



Peers enjoy time in the Frank W. Lynch & Roberta Jane Lynch, MSW Art Studio.



TMWC members snap a fall-themed photoshoot on an outing.





THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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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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- Georgia Humbarger – Community Volunteer
- Patricia J. Robb – Executive Director

SUPPORTED BY:



End of the Year Giving

To all of our members, donors, supporters and other friends – our sincere thanks for your involvement with Thomas M. Wernert Center throughout the year!

You are all integral to our ability to fulfill our mission of improving 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.

As 2022 comes to a close, please consider making a year-end donation to the Thomas M. Wernert Center. Big or small – all donations have an impact and they make a real difference. Our work would not be possible without you!

You can donate in the following ways:

- Visit www.wernertcenter.org and select 'Ways to Help' to contribute online.
- Mail a check to the Thomas M. Wernert Center at 208 W. Woodruff, Toledo, OH 43604

If you have any questions about contribution, please contact Patricia Robb, Executive Director at 419-242-3000 ext. 112.

All funds raised directly benefit the programs and services of TMWC.

Thank you for your support!