



PEER connections

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PEP TALK!

How Can Education Help In Recovery?

Thomas M. Wernert Center (TMWC) offers a variety of educational, support, and recreational options based on your needs, including multi-session education courses. These classes are a part of TMWC's Peer Education Program, also known as PEP. The material covered in each class is important to understanding a mental health diagnosis, reducing sources of stigma, and improving overall wellness.

How can growing our knowledge of mental health help with recovery? The benefits of learning about and discussing mental health could increase your self-esteem, improve communication and social skills, and offer more opportunities for growth.

Classes are led by peer education facilitators and materials are updated as new scientific discoveries and best practices begin to emerge.

“Participating in PEP has made me hungry for knowledge. I've learned to let things go and have the skills to live better. When I first started, learning got me through a dark valley. Now coming to class keeps me on track to remember my purpose.” — Linda A.



“I am able to take what I learn and apply it to my life. I find it easier to monitor and manage my ADHD symptoms. I also enjoy connecting with peers from around the center in class discussion. The conversations are helpful and reassuring.” — Richard S.

“The information is easy to understand and led by caring facilitators. I developed a personal crisis plan in WRAP [Wellness Recovery Action Plan] class. Having that plan gives me a sense of control and reduces my anxiety.” — Amber Y.



Save the Date
FRIDAY
MAY 5, 2023

New Programs at TMWC

RECOVERY TOGETHER ADVOCACY GROUP:

Thomas M. Wernert Center (TMWC) would like to acknowledge the hard work of our members advocating for better transportation and the removal of a sign referencing self-harm in front of TMWC's property. To continue this trend of successes, TMWC will begin the Recovery Together Advocacy Group. This program aims to take an in-depth look at ways to better advocate for ourselves, our peers, and our community.

Interested members will participate in community volunteer opportunities to engage in causes that mean the most to



them. In addition, the Recovery Together Advocacy Group will encourage and support peers in their own advocacy endeavors they choose to take on.

This program is open to all members, and will be held in the Clubroom on the first three Tuesdays of the month at 12:00 p.m.

OUTREACH EDUCATION:

At Thomas M. Wernert Center (TMWC), outreach is the act of speaking to people in our personal lives and in our community about mental health, the mission of TMWC, and programming. Talking about mental health is the start to fighting stigma, educating others, and creating opportunities for more equal mental healthcare for everyone.

In March, TMWC will begin a new outreach training series. Peers will learn how to share their stories, talk about mental health, and how TMWC helps in their recovery.

After completing the training, interested members may attend outreach events with TMWC staff to talk about mental health in the community.

The two-part training will take place on Thursday, March 23 and Thursday, March 30 at 10:00 a.m.

(Don't worry if you cannot make these dates. More sessions will be held in the future.)

Please note that those who wish to participate must be able to meet the physical requirements of outreach.

LEARN MORE ABOUT MENTAL HEALTH:

Educating ourselves on mental health is an important part of moving forward and creating better experiences for ourselves and our peers. To increase community education, TMWC is now providing the opportunity to have an expert speak to organizations and workplaces.

Presentation topics include mental health literacy, erasing stigma, emotional

intelligence, wellness. Presentations are tailored to a variety of audiences and are offered by a licensed social worker with lived experience.

A request form can be found at: www.wernertcenter.org

Email the completed form to Sarah at sberendt@wernertcenter.org at least 3 weeks prior to the day of presentation.



These and other TMWC programs are made possible through support from the Mental Health & Recovery Services Board of Lucas County, and The Mental Health Association of Lucas County CARE Fund and The David C. and Lura M. Lovell Foundation Fund, both through the Toledo Community Foundation.

PEER SUPPORT IN ACTION



TMWC members love exploring Toledo, from Metroparks to Imagination Station.



Members and staff get a lesson in square dancing led by live music.



Peers celebrate Valentine's Day together with treats and games in the Clubroom.



Find joy in the little things with TMWC's Mindful Monday activities.



Graduates from Wellness Action Recovery Plan PEP class.







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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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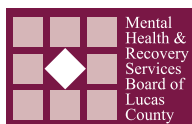
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NEW GRANT ENHANCES ADVOCACY EFFORTS AT TMWC



The Thomas M. Wernert Center (TMWC) is the recipient of a \$15,000 grant from The Mental Health Association of Lucas County CARE Fund (CARE Fund). The CARE Fund supports new and existing programs that offer education, advocacy and support services benefitting persons with

mental illness, their family members and/or caregivers. Approved by the Greater Toledo Community Foundation, TMWC will use these funds to expand member involvement in their own recovery by offering additional support opportunities and activities that focus on trauma, exploring emotions, and advocacy and outreach.

“TMWC members are encouraged to have an active voice in their recovery,” says Patricia Robb, TMWC Executive Director. “We are grateful to the CARE Fund for its support of our work in providing peer support services that help individuals living with mental illness manage their recovery, combat loneliness, build self-confidence, and reduce stigma.” The grant will focus on developing support around self-advocacy and trauma. In addition, TMWC Friday Forums will highlight speakers who focus on healthy coping skills, building resilience, mindfulness, and other areas of mental health wellness. The TMWC Expressive Arts Program will also engage in projects that support mental health and wellness by promoting empathy, insight, and self-expression.