



PEER connections

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TMWC ACTIVITIES & OUTINGS

Meet TMWC Activities Specialist

Breaking patterns of isolation and socialization are essential to mental health recovery. The activities program at Thomas M. Wernert Center (TMWC) encourages members to get involved and try something new.

At TMWC, Bianca handles the planning and facilitating clubroom activities and outings for the members. As TMWC Activities Specialist, she is also responsible for bringing guest speakers to TMWC, collaborating with other departments on activities and outings, and finding local volunteer opportunities for members.

“Planning a variety of fun and exciting activities for members to enjoy is the best part of my job,” say Bianca. She understands the importance of having “play time,” even as an adult. Trips to a Toledo Mud Hens games, picnics at Toledo MetroParks, or visits to a local coffee shop are just some of the outings she has planned for members. “I am grateful TMWC allows me to be creative and make all of these recreational activities possible.”

By participating in TMWC activities, members are able to explore and have fun, while also learning about community resources and volunteer opportunities. For the past few months, Bianca and peers picked up trash downtown as part of The City of Toledo’s Litter League competition. Soon, they will begin volunteering at Same Café in the Lucas County Library, doing kitchen work and food-prep.

“I am inspired by individuals who want to do good things in their community and make the world a better place and leaders who give a voice to those who are underrepresented or marginalized,” Bianca says.

Bianca has invited local professionals from the Toledo Zoo, Toledo Lucas County Library, The Alzheimer’s Association, Toledo City Council, and experts in the areas of Mental Health and advocacy to share their expertise with members. “It always feels great to hear that a member learned something new during a forum, had a great time on an outing, was



able to de-stress, or felt more connected with their peers after participation,” Bianca adds.

Bianca has a Bachelor’s degree in Recreational Therapy from University of Toledo, and a Masters in Recreation Administration. She is also a certified therapeutic recreation specialist (CTRS), and is working on a personal trainer certificate. Along with outings and forums, her job also includes clubroom events and games.

Thank you Bianca for being an inspiration to all of us at Thomas M. Wernert Center.

Recovery Is Beautiful Free Family Event



@

11am-3pm
Saturday
September 10th

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



Bianca, Allison, Meg, and Jean compete in Toledo Litter League by picking up trash around TMWC.

Members who participated in Litter League this summer are invited to a party on September 14 at 11 am, to say thank you for doing your part to keep Toledo clean!

GUEST ARTIST SHARES LIVED EXPERIENCE

Feeling Our Emotions and Healing through Art

Cyd Gottlieb is a local artist with a long resume of accomplishments. Her work has been featured in museum exhibitions, performance art in theatre, dance, and film, and contributing to texts published by Harvard University Press. As someone with lived experience, Cyd uses her work as a vessel to share with others.

Making art has been a coping skill that has helped Cyd through physical and mental challenges. Throughout the months of August and September, Cyd has been sharing her art and her coping skills with TMWC members as part of the Expressive Arts Program. Participating members are learning the basics, including pencil shading, the color wheel, and other techniques



Workshop participant, Charann, works with pencil shading, mixing paints, and pastels to create her masterpiece.



Guest artist, Cyd and Expressive Arts Coordinator, Neil.

helpful to a starting artist. Cyd's artistic style shines through in her teaching, as she uses playful practices to make art more approachable.

Audio elements also play a role in Cyd's class. "Music helps to relax the mind and better understand emotions," Cyd says.

"My art has a focus on experiential, visual, and interpretive programming. I create visuals intended to soothe the soul and simultaneously help people to problem-solve when coping with tough times or facing difficult decisions," she adds.

Are you interested in learning about art and emotions with Cyd?

The September workshop will be held Wednesdays at 11:00 am.

RSVP with Neil, TMWC Expressive Art Coordinator.

Check out Cyd online at www.pischonk.com

Nominations for TMWC Voting Member Elected Trustee Scheduled

The TMWC Board of Trustees is made up of an equal number of TMWC members and community members. TMWC is looking for trustees who have the passion and knowledge to fulfill our mission. Board meetings are used to discuss matters that affect the operations of TMWC and its members. It is important that board members have the time and energy to be an active and effective Trustee.

Numerous Voting Member Elected Trustee positions will be open on the TMWC Board of Trustees in November. Eligible members are invited to apply for this position. Those interested must turn in a board application by September 9, 2022. Nominations are scheduled for Friday, September 23, 2022 at noon. Board applications can be obtained from the front desk.

INTERESTED IN BEING A BOARD TRUSTEE?

Please see a current voting member (Amanda D., EvaMae L., Georgia H., Lucy D., or Warren F.) for nominee qualifications and other information.

PEER SUPPORT IN ACTION



Members pick their own flower bouquet at Gust Flower & Produce Farm in Ottawa Lake, MI



Member, Aaron builds a DIY Terrarium.

Expressive Arts & SafeZone get ready for Toledo Pride with tie-dye t-shirts!



Members participate in a scavenger hunt and create art at Toledo Metroparks.



TMWC team members host an ice cream social!



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.

BOARD OF TRUSTEES

Deborah Riley-Jackson – President
Fair Housing Center

Amanda Denniss – Vice President

George Monger, CPA – Treasurer
William Vaughan Company

Evamae LaVoy – Secretary
Community Volunteer

Lisa Urrutia – Former President
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Taylor Burns – ABLE
(Advocates for Basic Legal Equality)

Timothy Cummins – US Coast Guard Marine Safety
Office Toledo

Warren Frary – Community Volunteer

Georgia Humbarger – Community Volunteer

Theresa Nelson – Community Volunteer

Patricia J. Robb – Executive Director

SUPPORTED BY:



Saturday, October 22, 2022
6:30 p.m. - 9:30 p.m.

HALLOWEEN@HENSVILLE

(In The Stadium Concourse - Dress for the Weather)

COSTUMES ENCOURAGED!

Live Auction

***Dinner - Great Silent Auction Items - Free Parking
Games - Live Entertainment - Cash Bar***

Tickets \$50 in advance / \$60 at the door

**For Reservations, Contact Abbey Riley
heartandsoultoledo@gmail.com or 419-764-4387
www.heartandsoultoledo.com**

***Proceeds will benefit Northwest Ohio Psychiatric Hospital
and Thomas M. Wernert Center.***

*An event to raise awareness for mental illness
and help erase the stigma associated with it.*