

## February 2022

Mon	Tue	Wed	Thu	Fri
<p><b>February is Black History Month!</b></p>	<p><b>1</b></p> <p><b>All Day Clubroom Activity</b> 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. <b>NEW-R Class 4 of 8</b></p>	<p><b>2</b></p> <p><b>All Day: Activity Sign Up in Clubroom</b> 11:00 a.m. <b>Mental Health Literacy (MHL) Class 5 of 8</b> 12:30 p.m. DRA Support 3:00 p.m. <b>Safe Zone:</b> LGBTQ+ and Allies</p>	<p><b>3</b></p> <p><b>11:00 a.m. Clubroom Bingo</b> 11:00 a.m. Diabetes Support 12:30 p.m. <b>Exploring Emotions (EE) Class 4 of 11</b> 1:00 p.m. SA Support</p>	<p><b>4</b></p> <p><b>10:00 a.m. Coffee Connections*</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Peer Support Class 5 of 9</b> 12:30 p.m. Stress Busters</p>
<p><b>7</b></p> <p><b>All Day Clubroom Activity</b> 11:00 a.m. <b>Coping Skills for Diabetes Class 3 of 8</b> 12:00 p.m. Women's Peer Support</p>	<p><b>8</b></p> <p><b>11:00 a.m. Clubroom Activity</b> 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. <b>NEW-R Class 5 of 8</b></p>	<p><b>9</b></p> <p><b>All Day Clubroom Activity</b> 11:00 a.m. <b>MHL Class 6 of 8</b> 12:30 p.m. DRA Support 3:00 p.m. <b>Safe Zone:</b> LGBTQ+ and Allies</p>	<p><b>10</b></p> <p><b>11:00 a.m. Library Outing Group 1*</b> 11:00 a.m. Diabetes Support 12:30 p.m. <b>EE Class 5 of 11</b> 1:00 p.m. DBSA Support 2:30 p.m. Grief &amp; Loss Support</p>	<p><b>11</b></p> <p><b>10:00 a.m. Coffee Connections*</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Peer Support Class 6 of 9</b> 12:30 p.m. Anger Awareness</p>
<p><b>14</b></p> <p><b>10:00 a.m. Love Song Karaoke in Clubroom</b> 11:00 a.m. <b>CSD Class 4 of 8</b> 12:00 p.m. Women's Peer Support</p>	<p><b>15</b></p> <p><b>All Day Black History Month Guest Speaker</b> 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. <b>NEW-R Class 6 of 8</b></p>	<p><b>16</b></p> <p><b>All Day Clubroom Activity</b> 11:00 a.m. <b>MHL Class 7 of 8</b> 12:30 p.m. DRA Support 3:00 p.m. <b>Safe Zone:</b> LGBTQ+ and Allies</p>	<p><b>17</b></p> <p><b>11:00 a.m. Clubroom Bingo</b> 11:00 a.m. Diabetes Support 12:30 p.m. <b>EE Class 6 of 11</b> 1:00 p.m. SA Support</p>	<p><b>18</b></p> <p><b>10:00 a.m. Coffee Connections*</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Peer Support Class 7 of 9</b> 12:30 p.m. Stress Busters</p>
<p><b>21</b></p> <p><b>10:00 a.m. Black History Month Jam Session</b> 11:00 a.m. <b>CSD Class 5 of 8</b> 12:00 p.m. Women's</p>	<p><b>22</b></p> <p><b>All Day Clubroom Activity</b> 11:00 a.m. Wellness Tools for Recovery 12:30 p.m. <b>NEW-R Class 7 of 8</b></p>	<p><b>23</b></p> <p><b>All Day Clubroom Activity</b> 11:00 a.m. <b>MHL Class 8 of 8 (Graduation!)</b> 12:30 p.m. DRA Support 3:00 p.m. <b>Safe Zone:</b> LGBTQ+ and Allies</p>	<p><b>24</b></p> <p><b>11:00 a.m. Library Outing Group 2*</b> 11:00 a.m. Diabetes Support 12:30 p.m. <b>EE Class 7 of 11</b> 1:00 p.m. DBSA Support 2:30 p.m. Grief &amp; Loss Support</p>	<p><b>25</b></p> <p><b>10:00 a.m. Coffee Connections*</b> 11:00 a.m. DRA Support 11:00 a.m. <b>Peer Support Class 8 of 9</b> 12:30 p.m. Anger Awareness</p>
<p><b>28</b></p> <p>Peer Support <b>All Day Clubroom Activity</b> 11:00 a.m. <b>CSD Class 6 of 8</b> 12:00 p.m. Women's Peer Support</p>	<div style="border: 2px solid orange; padding: 10px;"> <p><b>*You must RSVP for Coffee Connections and Outings by contacting Mikaela at 419-764-5364 or <a href="mailto:mmyers@wernertcenter.org">mmyers@wernertcenter.org</a></b></p> </div>			

FOR MORE INFORMATION, PLEASE CALL 419-242-3000 AND USE THE EXTENSIONS LISTED BELOW

Depression/Bipolar Support Alliance (DBSA) – Support Meeting  
Dual Recovery Anonymous (DRA) – Support Meeting

Wellness Tools for Recovery (WTR) – Support Meeting  
Schizophrenia Alliance (SA) – Support Meeting

<b>Women’s Peer Support</b>	Monday	12:00-1:00	Teleconference	Kathleen, ext. 118
<b>Wellness Tools for Recovery</b>	Tuesday	11:00-12:00	Teleconference	Sarah, ext. 116
<b>Dual Recovery Anonymous</b>	Wednesday	12:30-1:30	Teleconference	Janese, ext. 120
<b>Safe Zone: LGBTQ+ and Allies</b>	Wednesday	3:00-4:00	Teleconference	Mikaela, ext. 137
<b>Diabetes Support:</b>	Thursday	11:00-12:00	Teleconference	Sarah, ext. 116
<b>DBSA</b>	Every other Thursday	1:00-2:00	Teleconference	Lori, ext. 117
<b>SA</b>	Every other Thursday	1:00-2:00	Teleconference	Sarah, ext. 116
<b>Grief &amp; Loss</b>	Second & Fourth Thursday	2:30-3:30	Teleconference	Sarah, ext. 116
<b>Dual Recovery Anonymous</b>	Friday	11:00-12:00	Teleconference	Janese, ext. 120
<b>Anger Awareness</b>	Every other Friday	12:30-1:30	Teleconference	Lori, ext. 117
<b>Stress Busters</b>	Every other Friday	12:30-1:30	Teleconference	Donna, ext. 106

- You **do not need to RSVP** for a Virtual Support Meeting.
- You **must** RSVP for Coffee Connections, TMWC Outings  
by contacting **MIKAELA AT 419-764-5364** or [mmyers@wernertcenter.org](mailto:mmyers@wernertcenter.org)

**Below are instructions for GoTo Meeting:**

- Dial **877-309-2073**
- You will be prompted to enter this access code – **673-795-493**, followed by a pound (#) sign  
(# is called a pound sign)
- Listen for the command: Press # for audio. (a pin is not needed)
- You may be placed on hold until the meeting facilitator is ready for you. Please be patient.



THOMAS M. WERNERT CENTER  
FOR MENTAL HEALTH RECOVERY & SUPPORT

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