

# FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11:00 AM Uplifting Women* <b>3</b></p> <p>12:00 PM Men's 360</p> <p>1:00 PM Really Loud Librarians</p>	<p>10:00 AM Computer Basics <b>4</b></p> <p>10:45 AM Mental Health Literacy (4)</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Valentine's Cards</p>	<p><b>ALL DAY: ACTIVITY SIGN UPS 5</b></p> <p>9:30 AM Gardening Club</p> <p>11:00 AM DRA</p> <p>12:30 PM WRAP (4)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM NAMI Creative Expressions*</p>	<p>10:00 AM Circuit Training <b>6</b></p> <p>10:30 AM Planetarium Outing*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (5)</p> <p>1:00 PM DBSA</p> <p>1:00 PM MOVIE MAYHEM</p>	<p>9:30 AM Gardening Club <b>7</b></p> <p>10:00 AM SafeZone: LGBTQ+ &amp; Allies</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p> <p>1:00 PM Gaming for Mental Health</p>
<p>11:00 AM Uplifting Women <b>10</b></p> <p>12:00 PM Men's 360</p> <p>1:00 PM "Pieces of Me" Craft</p>	<p>10:00 AM Computer Basics <b>11</b></p> <p>10:45 AM Mental Health Literacy (5)</p> <p>11:00 AM Living Well</p> <p>11:00 AM KARAOKE</p> <p>1:00 PM Feelings First</p>	<p>9:30 AM Gardening Club <b>12</b></p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change*</p> <p>12:30 PM WRAP (5)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM Knitting Circle</p>	<p>10:00 AM Circuit Training <b>13</b></p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (6)</p> <p>1:00 PM SA</p> <p>1:00 PM MOVIE MAYHEM</p>	<p>10:00 AM SafeZone: LGBTQ+ &amp; Allies <b>14</b></p> <p>11:00 AM DRA</p> <p>11:00 AM Valentine's Day Party</p>
<p>11:00 AM Uplifting Women* <b>17</b></p> <p>12:00 PM Men's 360</p> <p>1:00 PM Mental Health Categories</p>	<p>10:00 AM Computer Basics <b>18</b></p> <p>10:45 AM Mental Health Literacy (6)</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Bracelet Crafts</p>	<p>9:30 AM Gardening Club <b>19</b></p> <p>11:00 AM DRA</p> <p>12:30 PM WRAP (6)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM Journal Club</p>	<p>10:00 AM Circuit Training <b>20</b></p> <p>10:45 AM Vod's Here Art Outing*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (7)</p> <p>1:00 PM DBSA</p> <p>1:00 PM MOVIE MAYHEM</p> <p>1:30 PM Nutrition in Recovery</p>	<p>10:00 AM SafeZone: LGBTQ+ &amp; Allies <b>21</b></p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p> <p>1:00 PM Gaming for Mental Health</p>
<p>11:00 AM Uplifting Women <b>24</b></p> <p>12:00 PM Men's 360</p> <p>1:00 PM Giant Monopoly</p>	<p>10:00 AM Computer Basics <b>25</b></p> <p>10:45 AM Mental Health Literacy (7)</p> <p>11:00 AM Living Well</p> <p>12:00 PM BINGO</p> <p>1:00 PM Feelings First</p>	<p>9:30 AM Gardening Club <b>26</b></p> <p>11:00 AM Empowering Change</p> <p>11:30 AM DRA Outing*</p> <p>12:30 PM WRAP (7)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM Knitting Circle</p>	<p><b>OPEN AT 10:00 A.M. 27</b></p> <p><b>ALL DAY: HOPE PANTRY PICKUP</b></p> <p>10:00 AM Circuit Training</p> <p>10:45 AM Coffee Connections*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (8)</p> <p>1:00 PM SA</p> <p>1:00 PM MOVIE MAYHEM</p>	<p>10:00 AM SafeZone: LGBTQ+ &amp; Allies <b>28</b></p> <p>10:00 AM Mercy Health Screens</p> <p>11:00 AM DRA</p> <p>11:00 AM ABLE Forum</p>

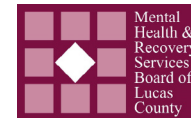


**PLEASE CONTACT TMWC STAFF FOR RSVPs**

**ACTIVITIES:** Maddie.... 419-764-5364  
**FITNESS:** Lindsay.... 419-242-3000 ext. 110  
**COMPUTER LAB:** Rodney.... 419-242-3000 ext. 114



# What's Happening at TMWC



## Support Group Topics

**FEELINGS FIRST:** 2/4: International Boost Self-Esteem Month  
Tuesdays at 11:00 a.m. 2/11: 20 Things to Stop Wasting Our Time On  
(Amy) 2/18: Asserting Boundaries Without Confrontation  
2/25: When to Remain Silent

**SAFEZONE:** 2/7: Exploring Identity + Intersectionality  
Mondays at 11:00 a.m. 2/14: Exploring Privilege + Oppression  
(Callie + Maddie) 2/21: Gender Dysphoria  
2/28: Gender Euphoria



**UPLIFTING WOMEN:** 2/3: Valentine Bingo (RSVP)  
Mondays at 11:00 a.m. 2/10: Your Feedback Matters  
(Kathleen) 2/17: Nutrition with Lindsay (RSVP)  
2/24: Check-in/Meditation

**MEN'S 360:** 2/3: NY Resolutions Check-In  
Mondays at 12:00 p.m. 2/10: Affection + Boundaries  
(Rodney) 2/17: "Don't 'Red Pill' Yourself"  
2/24: Quarterly Planning Session

**STRESSBUSTERS:** 2/14: How Self-Love  
Fridays at 12:45 p.m. Reduces Stress  
(Donna) 2/28: Music and Coloring

## Activities and Programs (Maddie)

**Valentine's Day Party (February 14 @ 11:00 a.m.):** Feel the love with TMWC at our annual Valentine's Day celebration.

**Charles H. Wright Museum\* (February 15 @ 9:00 a.m.):** Celebrate Black History Month on a trip to Detroit for this educational tour. RSVP with Maddie on February 5.

**Vod's Here Outing\* (February 20 @ 10:45 a.m.):** Visit Vod near Westgate for some crafts and good vibes. Sign-ups on February 5.

**Coffee Connections\* (February 27 @ 10:45 a.m.):** Explore a local coffee shop for good food, java, and even better conversations. Sign up on February 5 with Maddie.

**ABLE Domestic Violence Forum (February 28 @ 11:00 a.m.):** A presentation regarding legal aid for those experiencing domestic violence issues.

## Fitness (Lindsay)

Lindsay – 419-242-3000 ext. 110

**Circuit Training (Thursdays @ 10:00 a.m.):** Move through a series of exercises, or a circuit, that can be modified to any ability level.

Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in a RAFFLE. One winner will be drawn at the end of each month.

## Computer Lab (Rodney)

Rodney - 419-242-3000 ext. 114

**Computer Basics (Tuesdays @ 10:00 a.m. and Wednesdays @ 1:00 p.m.):** A beginners guide to one of the most popular electronic devices in use today.