January 2026

THOMAS M. WERNERT CENTER FOR MENTAL HEALTH RECOVERY & SUPPORT

Mental Health & Recovery Services Board of Lucas County

Greater Toledo Community Foundation — Strength in Giving. Hope in Action.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE CONTACT TMWC STAFF FOR RSVPS **ACTIVITIES:** Maddie | 419-764-5364 **EXPRESSIVE ARTS:** Mary M | 419-242-3000 ext. 109 **FITNESS:** Mary A | 419-242-3000 ext. 104 **COMPUTER LAB:** Becca | 419-242-3000 ext. 106			1 Happy New Year!	2 CLOSED
5 10:45 AM: Typing Games 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:30 PM: PEP - Exploring Emotions (EE) 1:00 PM: Movie Monday - Black Panther	6 11:00 AM: Living Well 1:00 PM: Snowflake Craft 1:00 PM: Feelings First	7 **9:00 AM: ACTIVITY Sign-up** **9:00 AM: PANTRY Sign ups** 11:00 AM DRA - Outing * 11:00 AM: Empowering Change 1:15 PM: Scrolling Internet Safely **2:00 PM: Role playing games**	8 11:00 AM: Diabetes Support 11:00 AM: Bowling 12:30 PM: PEP - Eight Dimensions of Wellness (8D) 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: DBSA	9 10:00 AM SafeZone 10 AM to 1:00 PM: Mercy Nurses 10:45 am to Noon: Creative writing 11:00 AM: DRA 12:45 PM: Stressbusters
12 10:45 AM: Typing Games 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 12:30 PM: PEP - EE #2 1:00 PM: Guardians of the Galaxy - Movie Monday	13 9:30:-2:00 PM: Paul Mitchell 11:00 AM: Living Well 11:00 AM: Karaoke 1:00 PM: Feelings First	14 9:15: Gardening (Amy Stone) 11:00 AM: DRA 11:00 AM: Empowering Change 1:15 PM: Scrolling Internet Safely 1:30 PM: Pipe Cleaner Craft 2:00 PM: Role playing games	15 10:45 AM: Planetarium Outing 11:00 AM: Diabetes Support 12:30 PM: PEP 8D - #2 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: SA	16 10:00 AM SafeZone 10:45 AM: Creative writing 11:00 AM: DRA 12:45 PM: Stressbusters
19 MLK DAY CLOSED	20 9:30 AM - 2:00 PM: Mental Health First Aid (20th & 21st) 11:00 AM: Living Well 12:15 PM: Bingo 1:00 PM: Feelings First	21 9:15: Gardening (fairy gardens) 11:00 AM DRA 11:00 AM Empowering Change 1:00 PM: Embroidery 1:15 PM: Scrolling Internet Safely 2:00 PM: Role playing games	22 **Hope Pantry Pick-up** **OPENING AT 10 AM: - Staff Meeting** 11:00 AM: Diabetes Support 12:30 PM: PEP 8D #3 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: DBSA	23 10:00 AM: SafeZone 10 AM to 1:00 PM: Mercy Nurses 10:45 AM: Creative Writing 11:00 AM: DRA 12:45 PM: Stressbusters
26 10:45 AM: Typing Games 11:00 AM: Uplifting Women 12:00 PM: Men's 360 2:15 PM: TLCPL Book Mobile 12:30 PM: PEP - EE #3 1:00 PM: Fantastic Four - Movie Monday	27 11:00 AM: Living Well 11:00 AM: Coffee Connections 1:00 PM: Feelings First 4:30 PM - TMWC Board Meeting	28 9:15: Gardening (Amy Stone) 11:00 AM: DRA 11:00 AM: Empowering Change 1:00 PM: Giant Monopoly 1:15 PM: Scrolling Internet Safely 2:00 PM: Role playing games	29 11:00 AM: Diabetes Support 12:30 PM: PEP 8D #4 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: SA 7:00 PM - 9:00 PM: Mental Health Gala (outing)	30 10:00 AM: SafeZone 10:45 AM: Creative Writing 11:00 AM: DRA 12:45 PM: Stressbusters

What's Happening at TMWC

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January 2026

Uplifting Women (Mondays at 11)
1/5: Work out with Mary
1/12: Pizza party
1/19: CLOSED
1/26: Osteoporosis with Janese

Men's 360 (Monday at 12:45)
1/5 The 4 components of authenticity
1/12 The 5 ways to clear your mind
1/19 CLOSED
1/26 Coping skills for psychosis

SafeZone (Fridays at 10 am)
1/2: CLOSED
1/9: LGBTQ+ Needs: Physiological & Safety
1/16: LGBTQ+ Needs: Belonging & Esteem
1/23: LGBTQ+ Needs: Cognitive & Aesthetic
1/30: LGBTQ+ Needs: Self-Actualization & Transcendence

Living Well (Tuesday at 11 am)
1/6: Goal Setting: Smart Goals v Resolutions
1/13: Tips for Saving on Healthy Foods
1/20: Our Client Rights: Supporting Diversity, Inclusion, Equity, and Justice
1/27: S.A.D. (Seasonal Affective Disorder)

Fitness
Mondays: Morning Stretch @ 10:30am
Tuesdays Circuit Training @ 10:15am
Wednesdays: Morning Stretch @ 10:30am
Thursdays: Circuit Training @ 10:15am
Friday: SmartFit/ yoga,/seated dance rotation @ 10:30 am

Art Studio Outing: Jan 29th from 7-9 PM.
NAMI Creative Expressions (Mental Health) Gala & Art Show
River Gallery Studio 500 Madison Ave.
There at 6 spots available- Please sign-up with Mary M.
Anyone Interested in submitting work should contact Mary M WITH THEIR WORK - No later than Jan 9th, 2026.

Feelings First
1/6 – Setting Healthy Boundaries
1/13 – Coping with Things you can't Control
1/20 – Planting Successful Seeds in our Subconscious Mind
1/27 – Anger: Cooling your Mind & Soul

Role Playing Games with Jason coming in January - see flyers!!!