

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:15 AM Gardening Club 11:00 AM Uplifting Women 11:00 AM Morning Stretch 11:00 AM Toledo Zoo	3 11:00 AM Living Well 11:00 AM Litter League 1:00 PM Feelings First	4 ALL DAY: ACTIVITY SIGN UPS 9:15 AM Gardening Club 11:00 AM DRA 11:00 AM Empowering Change 12:30 PM WRAP (9) 1:30 PM NAMI in Art Studio *RSVP 5:00 - 7:00 PM Grief and Loss	5 10:00 AM Circuit Training 11:00 AM Diabetes Support 11:00 AM SafeZone Picnic*RSVP 1:00 PM DBSA	6 9:15 AM Gardening Club 11:00 AM DRA - Step 1 11:00 AM SmartFit 12:00 PM PEP Graduation Recognition
9 9:15 AM Gardening Club 11:00 AM Uplifting Women 11:00 AM Morning Stretch 12:15 PM TLCPL Book Mobile 1:00 PM Litter League	10 11:00 AM Living Well 11:00 AM Karaoke 1:00 PM Feelings First	11 9:15 AM Gardening Club 11:00 AM DRA 12:30 PM WRAP (10) 1:30 PM Knitting Circle 5:00 - 7:00 PM Grief and Loss	12 10:00 AM Circuit Training 11:00 AM Diabetes Support 1:00 PM Sidewalk Chalk 1:00 PM SA	13 9:15 AM Gardening Club 10:00 AM SafeZone 11:00 AM SafeZone Forum 11:00 AMDRA - Step 2 11:00 AM SmartFit 12:45 PM Stress Busters *RSVP
16 OPEN AT 10:00 AM 10:00 AM Yoga in the Yard 11:00 AM Uplifting Women 12:00 PM Men's 360 1:00 PM Jewelry Making	17 9:30 AM - 1:30 PM Paul Mitchell *RSVP 11:00 AM Coffee Connections 11:00 AM Living Well 1:00 PM Feelings First	18 9:15 AM Gardening Club 11:00 AM DRA 11:00 AM Empowering Change 11:00 AM Litter League 12:30 PM WRAP (Graduation) 5:00 - 7:00 PM Grief and Loss	19 TMWC Closed Juneteenth	20 9:15 AM Gardening Club 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA - Step 3 11:00 AM SmartFit
23 9:15 AM Gardening Club 11:00 AM Uplifting Women 11:00 AM Morning Stretch 12:00 PM Men's 360 12:15 PM TLCPL Book Mobile	24 11:00 AM Living Well 11:00 AM Tissue Flowers 1:00 PM Feelings First 1:30 PM Basketball	25 CIT 9:15 AM Gardening Club 9:30 AM Yoga @ Toledo Mindfulness Institute *RSVP 11:00 AM DRA Outing 1:30 PM Knitting Circle 5:00 - 7:00 PM Grief and Loss	26 CIT ALL DAY: HOPE PANTRY 10:00 AM Circuit Training 11:00 AM Diabetes Support 12:00 PM BINGO 1:00 PM SA 1:00 PM Litter League	27 9:15 AM Gardening Club 10:00 AM SafeZone 10:00 AM Mercy Nurses 11:00 AM DRA - Step 4 11:00 AM SmartFit 12:45 PM Stress Busters
30 9:15 AM Gardening Club 10:00 AM Seated Dance 11:00 AM Uplifting Women 12:00 PM Men's 360 Picnic *RSVP	 THOMAS M. WERNERT CENTER FOR MENTAL HEALTH RECOVERY & SUPPORT	Evening Hours Return on Wednesday June 4, 2025	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: 419-242-3000 ext. 114	

What's Happening at Tmwc



FEELINGS FIRST:

6/3: Coping with Distressed Events in the News
 6/10: Overcoming Anxiety
 Tuesdays at 11:00 a.m.
 (Amy/ Kara)

UPLIFTING WOMEN:

6/2: Check In
 6/9: Anticipatory Grief
 Mondays at 11:00 a.m.
 (Kathleen)
 6/16: Soul Food RSVP
 6/23: Unirary Tract Infections
 6/30: Bullet Journaling with Callie

DRA (Angela) Wednesday at 12:30 PM & Friday at 11:00 AM

6/4 Importance of taking medication
 6/11 Overall Health and Nutrition
 6/18 Discussion self care/ self relief

6/25 Outing - Chapter 5 Club Swan Creek

Support Group Topics

SAFEZONE: Thursday ** 6/5: Picnic *RSVP
 Fridays at 10:00 a.m.
 (Callie + Maddie)

MEN'S 360:
 Mondays at 12 pm
 (Mike)
 Will resume June 16th
 June 30: Picnic
 Mark your calendars!

6/13: Singing Bowls *RSVP

DBSA: 6/5: Do I have Trust Issues?

6/27: How to cultivate a sense of unconditional self-worth

SA: 6/12: Developing Self-worth
 6/26 : Building confidence
 Thursday @ 1:00 PM



STRESSBUSTERS:
 Fridays at 12:45 p.m.
 (Kathleen)

Activities and Programs (Maddie) *Sign up on June 4.

Toledo Zoo * RSVP (June 2 @ 11:00 a.m.): Venture out for a nature-filled walk through Toledo Zoo!

Sterling State Park Swim and Picnic *RSVP (June 14 @ 11:00 AM)
 Make a splash and get some exercise at the lake!

Paul Mitchell Students *RSVP (June 17 @ 11:00 AM)

Coffee Connections*RSVP (June 17 @ 11:00 AM): Explore a local coffee shop for good food, java, and even better conversations.

Yoga @ Toledo Mindfullness Institute *RSVP (June 25 @ 9:30 AM)

**Toledo Lucas County Public /Library Book Mobile 6/9 @ 12:15 - 12:45 PM
 and 6/23 @ 12:15 - 12:45 PM**

Litter League has returned join us!

6/3 @ 11:00 AM
 6/18 @ 11:00 AM

6/9 @ 1:00 PM
 6/26 @ 1:00 PM

Fitness (Mary A) - 419-242-3000 ext. 104

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

Morning Stretch Monday and Wednesday at 11:00
 Fun with the SmartFit Fridays at 11:00 AM
 Yoga in the Yard 6/16 at 10:00 AM
 Seated Dance 6/30 at 10:00 AM

Art Studio (Mary M) - 419-242-3000 ext. 109

6/1 & 6/2 Jean Bags 11:15 AM - 12:30 PM

6/4 NAMI Creative Expressions

6/5 & 6/6 Gingerbread Houses

6/11 & 6/12 Design a Tiki

6/16 Bloomsday - Paper Flowers

6/18 Roadtrip Day (?)

6/26 @ 12:00 PM Co-Lead Bingo with Maddie in Club Room