

MARCH 2025


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11:00 AM Uplifting Women* 3</p>	<p>10:45 AM Mental Health Literacy (GRADUATION)</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Tapple</p>	<p>ALL DAY: ACTIVITY SIGN UPS 5</p> <p>9:30 AM Gardening Club</p> <p>11:00 AM DRA - David Nalls</p> <p>12:30 PM WRAP (7)</p> <p>1:30 PM NAMI Creative Expressions*</p>	<p>10:00 AM Circuit Training</p> <p>11:00 AM Diabetes Support</p> <p>11:00 AM Wildwood Nature Walk*</p> <p>12:30 PM Exploring Emotions (7)</p> <p>1:00 PM DBSA</p>	<p>9:30 AM Gardening Club</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>11:30 AM Line Dancing</p>
<p>11:00 AM Uplifting Women 10</p> <p>1:00 PM Fingerprint Four Leaf Clovers</p> <p>1:00 PM 8 Dimensions of Wellness (1)</p>	<p>11:00 AM Living Well</p> <p>11:00 PM KARAOKE</p> <p>1:00 PM Feelings First</p>	<p>9:30 AM Gardening Club</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM WRAP (8)</p> <p>1:30 PM Knitting Circle</p>	<p>10:45 AM Maumee Bay Swim*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (8)</p> <p>1:00 PM SA</p>	<p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>11:00 AM ABLE Forum</p> <p>12:45 PM Stress Busters</p>
<p>11:00 AM Uplifting Women* 17</p> <p>1:00 PM St. Patrick's Day Celebration</p> <p>1:00 PM 8 Dimensions of Wellness (2)</p>	<p>11:00 AM Living Well</p> <p>11:00 AM Cork Board</p> <p>Flower Beds</p> <p>1:00 PM Feelings First</p>	<p>9:30 AM Gardening Club</p> <p>11:00 AM DRA</p> <p>12:30 PM WRAP (Graduation)</p> <p>1:30 PM Journal Club</p>	<p>HOPE PANTRY PICKUP 20</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 (9)</p> <p>1:00 PM DBSA</p> <p>1:30 PM Nutrition in Recovery</p>	<p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>11:00 AM Cybersecurity Forum</p> <p>1:00 PM Gaining for Mental Health</p>
<p>11:00 AM Uplifting Women 24</p> <p>1:00 PM 8 Dimensions of Wellness (3)</p> <p>1:00 PM Velvet Art</p>	<p>11:00 AM Living Well</p> <p>12:00 PM Dementia Bingo with Alzheimer's Association</p> <p>1:00 PM Feelings First</p>	<p>9:30 AM Gardening Club</p> <p>11:00 AM Empowering Change</p> <p>11:00 AM DRA Outing</p> <p>1:30 PM Knitting Circle</p>	<p>OPEN AT 10:00 A.M. 27</p> <p>10:00 AM Circuit Training</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (10)</p> <p>1:00 PM Spring Sun Catchers</p> <p>1:00 PM SA</p>	<p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>10:00 AM Mercy Health Screens</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p>
<p>11:00 AM Uplifting Women 31</p> <p>1:00 PM Mental Health Jeopardy</p> <p>1:00 PM 8 Dimensions of Wellness (4)</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



THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

What's Happening at TMWC



FEELINGS FIRST:

3/4: Developing Stronger Emotional Intelligence
 Tuesdays at 11:00 a.m.
 (Amy)

3/11: Navigating Emotions After An Argument
 3/18: Low Self Esteem vs. High Self Esteem
 3/25: Gaining Respect from Others

UPLIFTING WOMEN:

3/3: Wonderwoman (Pt. 1)
 Mondays at 11:00 a.m.
 (Kathleen)

3/10: Wonderwoman (Pt. 2)
 3/17: Anticipatory Grief
 3/24: Guest Speaker from YWCA
 3/31: 7 Types of Rest

Support Group Topics

SAFEZONE:

Fridays at 10:00 a.m.
 (Callie + Maddie)

3/7: Member's Choice
 3/14: Bisexual vs. Pansexual vs. Omnisexual
 3/21: Emotional Spring Cleaning
 3/28: Aces & Aros



STRESSBUSTERS:

Fridays at 12:45 p.m.
 (Donna)

3/14: Crystal Bowl Meditation *RSVP
 3/28: A House with 4 Rooms

MEN'S 360: Will resume in April, 2025

Mondays at 12 pm
 (Rodney)

Activities and Programs (Maddie) *Sign up on March 5.

Wildwood Nature Walk* (March 6 @ 11:00 a.m.): Venture out for a relaxing, nature-filled walk through Wildwood Metropark!

Maumee Bay Swim* (March 13 @ 10:45 a.m.): Make a splash and get some exercise at the indoor pool at Maumee Bay!

ABLE Domestic Violence Forum (March 14 @ 11:00 a.m.): A presentation regarding legal aid for those experiencing domestic violence issues.

St. Patricks Day Celebration (March 17 @ 1:00 p.m.): Learn an Irish dance in the morning followed by a movie based in Celtic traditions in the afternoon.

Coffee Connections* (March 20 @ 10:45 a.m.): Explore a local coffee shop for good food, java, and even better conversations.

Cybersecurity Forum (March 21 @ 11:00 a.m.): Are you informed on scammers? Is your personal information private? Are you at risk of being hacked? Join this forum to answer these questions and be prepared online.

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

Will be open based on staff availability

Gaming for Mental Health: 3/21 @ 1:00pm