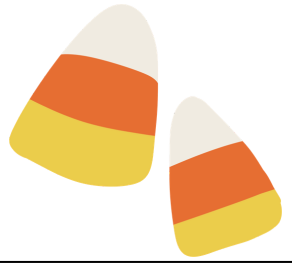
THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

October 2026

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:** Roberto | 419-242-3000 ext. 124 **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 9:30 AM: Pumpkin Patch - Outing 11:00 AM: Diabetes Support 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 -2:30 PM: PEP - MHL C47 1:00 PM: SA	2 9:15 AM: Gardening 11:00AM: Forum - BBB 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
5 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:30 PM: PEP - 8D - C10 1:00 PM: Movie - To Be Announced	6 11:00 AM: Living Well 1:00 PM: Feelings First 1:00 PM: Candy Corn Stickers	7 **9:00 AM: ACTIVITY Sign-up** **9:00 AM: PANTRY Sign ups** 9:15: Gardening 11:00 AM: DRA 11:00 AM: Empowering Change 1:00 PM - Halloween House Craft	8 11:00 AM: Diabetes Support 11 AM: One and Done Dice Game 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 - 2:30 PM: MHL C8 - Graduation 1:00 PM: DBSA	9 9:15 AM: Gardening 10:00 AM: SafeZone 10:30 AM - Noon: SEE ME #7 Presentation 11:00 AM: DRA 12:45 PM: Stressbusters
12 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 12:30 PM: PEP - 8D - C10 1:00 PM: Movie - To Be Announced	13 11:00 AM: Living Well 1:00 PM: Feelings First 	14 9:15: Gardening 11:00 AM: Empowering Change 11:00 AM: DRA 12:30-2:30 PM: PEP -Personal Leadership (PL) 1	15 11:00 AM: Diabetes Support 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 - 2:30 PM: MHL C8 - Graduation 1:00 PM: DBSA	16 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: Forum - Voting Rights w/Disability Ohio 11:00 AM: DRA 12:45 PM: Stressbusters
19 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:30 PM: PEP - 8D - C8 1:00 PM: Movie - To Be Announced	20 11:00 AM: Living Well 11:00 AM: Karaoke 1:00 PM: Feelings First	21 9:15: Gardening 10 AM: Womens Group Outing - Blessings Boutique - rsvp only 11:00 AM DRA 11:00 AM Empowering Change - 12:30 -2:30 PM: PEP - PL 2 1:00 PM: Window Art	22 **Hope Pantry Pick-up** **OPENING AT 10 AM: - Staff Meeting** 11:00 AM: Diabetes Support 11:00 AM: Coffee Connections - outing 12:30-2:30 PM: PEP - Community Leadership (CL) 1 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: DBSA	23 9:00 AM: Mercy Nurses 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
26 9:15 AM: Gardening 10:30 AM: Toledo Zoo - Outing 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 12:30 - 2:30 PM: PEP - Peer Basics (PB) 1 1:00 PM: Movie - To Be Announced	27 11:00 AM: Living Well 1:00 PM: Feelings First 1:00 PM: BINGO 4:30 PM: Board of Trustee Meeting	28 9:15: Gardening Patrick - Water Quality (Lake in a Bag Activity) 11:00 AM DRA 11:00 AM Empowering Change - 12:30-2:30 PM: PEP - PL 3 1:00 PM: Bunco	29 11:00 AM: Diabetes Support 11:00 AM: Kings In the Corner Cards 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: SA	30 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: Halloween Party 11:00 AM: DRA 12:45 PM: Stressbusters 

What's Happening at TMWC

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October 2026

Uplifting Women (Mondays at 11 AM)
10/5 - Malaika from YWCA
10/12 - Magnesium
10/19 - Glam Camp II --RSVP required
10/26 - Fitness with Mary

Men's 360 (Monday at 12:45 PM)
10/5 - Why Mens Mental Health Matters
10/12 - Mens Mental Health: Unique Signs and Symptoms and Barriers to Seeking Help
10/19 - Relationships and Family
10/26 - Mental Health & Vulnerability

Living Well (Tuesday at 11 AM)
10/6 - Inner Child
10/13 - Self Care
10/20 - Confidence
10/27 - Shopping for Nutrition

Feelings First (Tuesdays at 1 PM)
10/6 - Mental Illness Awareness Week
10/13 - The Pursuit of Happiness
10/20 - Emotions/Feelings Mad Libs
10/27 - Thriving Rather Than Surviving

DBSA & SA (Thursdays at 1 PM)
10/1 - Step Meeting
10/8 - Positive Self Talk
10/15 - Keeping a Positive Attitude
10/22 - Creating Cheer
10/29 - Increasing Our Resources

SafeZone (Fridays at 10 AM)
10/2 - Open Discussion
10/9 - Exploring Our Voices
10/16 - Re-evaluating Straight-Washed History
10/23 - Intersex Awareness Week
10/30 - Queer Coding in History

Stress Busters (Friday at 12:45 PM)
10/2 - Rock Painting
10/9 - Journaling
10/16 - Scent & Touch
10/30 - TBD



Computer Lab Classes
Monday & Thursday - Digital Hang-out (open lab)
Tuesday & Wednesday - 1:1 Sessions/Open Lab
Thursday - Open Lab
Friday - Creative Writing - 10:45 am-12 pm/Open Lab



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

TMWC is happy to announce that we will be hosting the Mammogram Van on Friday October 23rd.
More details coming.



Halloween Party 11-1 pm October 30th
There will be a costume presentation, games, candy and more.
If you would like to donate an unopened bag of candy, please get it to Roberto as soon as possible