



PEER *connections*

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WELCOME TO JANUARY 2023

Ring in 2023 with TMWC

January is the month for fresh starts, resolutions, goal setting, the post-holiday blues, snow days, and more.

Whatever you're feeling, the Wernert Center staff will be here for members all year long. We have now returned to full programming, including Supper Club.

We have also introduced some new support groups and other fun offerings. If you haven't been here in a while, please stop by, update your intake form, and catch up with your peers.



TMWC IS HERE TO MAKE 2023 OUR BEST YEAR YET!

JANUARY

Thomas M. Wernert Center will be closed on the following days:

Monday, January 2
in honor of the New Year

Monday, January 16
in honor of MLK Jr. Day

Monday, January 30
for Staff Training



IMPORTANT REMINDERS

BAD WEATHER:

When Lucas County issues snow emergencies, TMWC uses the following guidelines to determine if it is safe to provide transportation and open the center. Please check local television stations for updates on the weather and to listen for TMWC closing announcements.

Level 1 Snow Emergency: Transportation will operate.

Level 2 Snow Emergency: TMWC transportation will NOT operate; however the center is open.

Level 3 Snow Emergency: TMWC will close immediately when a level 3 snow emergency is declared.

TRANSPORTATION:

Please remember if you need transportation to the center, you must call and make a reservation 48 hours (two days) in advance.

Call **419-242-3000, ext. 101** and leave a message. We will return your call.



BOARD OF TRUSTEES

TMWC Voting Member Named to Board of Trustees



Thomas M. Wernert Center (TMWC) is pleased to announce the election of Henry Hartford to its Board of Trustees, effective November 21, 2022.

Henry is a long time member of TMWC, and has previously been a member of the Board of Trustees before resigning to take a position with TMWC's transportation department. "I hope my involvement with the board provides a voice for all members," says Henry. He has worked in the behavioral health field as a peer support specialist and volunteer for the Toledo State Hospital Cemetery Reclamation Project, NAMI, and the Northwest Ohio Psychiatric Hospital.

Henry currently owns a recycling and hauling business and works part-time.

Welcome, Henry!

We are looking forward to your leadership and advocacy on behalf of TMWC members.

SUPPORT GROUPS

Peers at Thomas M. Wernert Center (TMWC) have lived experience; they know firsthand the struggles and triumphs of recovery from mental illness and substance abuse. Support groups are a safe place to share emotions with members who may be going through similar circumstances.

The most important aspect of any support group is understanding that you are not alone. TMWC offers groups that focus on coping with medical diagnosis, emotions, addiction, or other mental health issues. These are circumstances that often lead to feelings of loneliness and isolation; participating in support groups helps to combat those feelings. "There is almost always something for everyone," says TMWC member, Grace.

Listening to other's stories can provide encouragement, offer helpful coping skills, and work to build a supportive safety net. Sharing personal experiences in a judgement free space can also be healing. Support groups offer new perspectives, coping strategies, and emotional support. They are a place to speak openly and be heard. "Every session is a chance to learn something new," says TMWC member, Harley.

Studies of support groups have proven effective in improving quality of life for those living with mental illness by reducing days hospitalized, improving psychiatric symptoms, and increasing self-esteem, autonomy, social support, and overall wellbeing.

TMWC SUPPORT GROUPS

- ✓ DUAL RECOVERY ANONYMOUS
- ✓ DIABETES SUPPORT
- ✓ DEPRESSION & BIPOLAR SUPPORT ALLIANCE
- ✓ EMOTIONS MATTER
- ✓ MEN'S PEER SUPPORT
- ✓ WOMEN'S PEER SUPPORT
- ✓ LIVING WELL
- ✓ SAFEZONE: LGBTQ+ & ALLIES
- ✓ SCHIZOPHRENIA ALLIANCE
- ✓ STRESS BUSTERS

SEASON'S GREETINGS



Santa visits TMWC!



Happy Holidays from all of us at TMWC!



Congratulations to all raffle winners!



Members "pie" TMWC staff to raise money for Giving Tuesday



Thank you, Oswald Companies for volunteering with our Holiday Party.





THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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RETURN SERVICE REQUESTED

   Our social with TMWC on
Facebook, Instagram and Twitter

MISSION

To improve the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy and peer support.

BOARD OF TRUSTEES

Deborah Riley-Jackson – President
Fair Housing Center

Amanda Dennis – Vice President

George Monger, CPA – Treasurer

Evamae LaVoy – Secretary
Community Volunteer

Lisa Urrutia – Former President
Oswald Companies

Jesse Baum – Glass City Academy

Taylor Burns – ABLE
(Advocates for Basic Legal Equality)

Timothy Cummins – US Coast Guard Marine
Safety Office Toledo

Henry Hartford – Community Volunteer

Warren Frary – Community Volunteer

Georgia Humbarger – Community Volunteer

Patricia J. Robb – Executive Director



To all of our members, donors, supporters and other friends – our sincere thanks for your involvement with Thomas M. Wernert Center throughout the year!

You are all integral to our ability to fulfill our mission of improving the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy, and peer support.

As we kick off 2023, please consider making a donation to the Thomas M. Wernert Center. Big or small – all donations have an impact and they make a real difference. Our work would not be possible without you!

You can donate in the following ways:

- Visit www.wernertcenter.org and select 'Ways to Help' to contribute online.
- Mail a check to the Thomas M. Wernert Center at 208 W. Woodruff, Toledo, OH 43604

If you have any questions about contribution, please contact Patricia Robb, Executive Director at 419-242-3000 ext. 112.

All funds raised directly benefit the programs and services of TMWC.

Thank you for your support!

SUPPORTED BY:

