


# September 2020 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group - Journaling 2:00 Men's Group  6:30 Family Support Group	<b>2</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (Zoom)</b>	<b>3</b> 12:30 Walking Group ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection	<b>4 MOCA House T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Yahtzee <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>5</b>
<b>6</b>	<b>7 NO PROGRAMMING</b>  <b>HAPPY LABOR DAY!</b>	<b>8</b> 12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group 2:00 Men's Group	<b>9</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (in-house)</b>	<b>10</b> 12:30 NAMI Connection <b>Break 1:45-2</b> 2:00 Nutrition Niblets ♥	<b>11 Red, White &amp; Blue T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Trivia <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>12</b>
<b>13</b>	<b>14</b> 1:00 Basic Fitness ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  5:00 pm Zoom DBSA	<b>15 10am Staff meeting</b>  12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group - Journaling 2:00 Men's Group	<b>16</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (in-house)</b>	<b>17</b> 12:30 Walking Group ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection	<b>18 Recovery is Beautiful T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Coloring <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>19 Family to Family Class 1</b>
<b>20</b>	<b>21</b> 1:00 Basic Fitness ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  5:00pm Zoom DBSA	<b>22</b> 12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group 2:00 Men's Group  <b>5:30 PALS Support Group</b>	<b>23</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (Zoom)</b>	<b>24</b> 12:30 Wooster Hospital Dietician ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  <b>6:30pm Board Meeting</b>	<b>25 Tie Dye T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Bingo <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>26 Family to Family Class 2</b>
<b>27</b>	<b>28</b> 1:00 Basic Fitness ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  5:00pm Zoom DBSA	<b>29</b> 12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group - Journaling 2:00 Men's Group	<b>30</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (Zoom)</b>	<i>DBSA = Depression Bipolar Support Alliance</i> <i>NAMI Connection = Peer support group</i> <i>WRAP = Wellness Recovery Action Plan</i> <i>PALS = People Affected by a Loved one's Suicide</i> ♥ = Health & Wellness Program activities		

# October 2020 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Due to the need to limit gatherings and for everyone's safety, we are requiring each person call the day before you want to attend MOCA House Program the following day.</b>				<b>1</b> 12:30 NAMI Connection 1:00 Crochet Class <b>Break 1:45-2</b> 2:00 Nutrition Niblets ♥	<b>2 MOCA House T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Yahtzee <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>3 Family to Family Class 3</b>
<b>4</b>	<b>5</b> 1:00 Basic Fitness ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  5:00pm Zoom DBSA	<b>6</b> 12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group 2:00 Men's Group  6:30 Family Support Group	<b>7</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (Zoom)</b>	<b>8</b> 12:30 Wooster Hospital Dietician ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection	<b>9 Walk for Wellness T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Trivia <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>10 Family to Family Class 4</b>
<b>11</b>	<b>12</b> 1:00 Basic Fitness ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  5:00pm Zoom DBSA	<b>13</b> 12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group 2:00 Men's Group	<b>14</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (in-house)</b>	<b>15</b> 12:30 NAMI Connection 1:00 Crochet Class <b>Break 1:45-2</b> 2:00 Nutrition Niblets ♥	<b>16 Recovery is Beautiful T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Bingo <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>17 Family to Family Class 5</b>
<b>18</b>	<b>19</b> 1:00 Basic Fitness ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  5:00pm Zoom DBSA	<b>20 10am Staff meeting</b>  12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group 2:00 Men's Group	<b>21</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (in-house)</b>	<b>22</b> 12:30 Wooster Hospital Dietician ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  <b>6:30pm Board Meeting</b>	<b>23 Tie Dye T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Coloring <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>24 Family to Family Class 6</b>
<b>25</b>	<b>26</b> 1:00 Basic Fitness ♥ <b>Break 1:45-2</b> 2:00 NAMI Connection  5:00pm Zoom DBSA	<b>27</b> 12:30 DBSA <b>Break 1:45-2</b> 2:00 Women's Group 2:00 Men's Group  <b>5:30 PALS Support Group</b>	<b>28</b> 12:30 Art w/ Candace <b>Break 1:45-2</b> 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness (Zoom)</b>	<b>29</b> 1:00 Crochet Class <b>Break 1:45-2</b> 2:00 NAMI Connection	<b>30 MOCA House T-shirt Day</b> 12:30 Prayer & Spirituality w/ Steve 1:00 Bingo <b>Break 1:45-2</b> 2:00 Winning Against Relapse	<b>31 Family to Family Class 7</b>

## MOCA House Reminders

- MOCA House is providing program activities while maintaining the required safety measures
- Some Zoom meetings will also continue. See the Calendar for details.
- We continue with 2 sessions each day. Call the day before to register and specify which session(s) you want to attend
- Please do not bring food or drinks into the program.
- Call NAMI/MOCA House at 330-264-1590 the day before you need the transportation.
- See the calendar for details and schedule

**If you feel suicidal, get help!**

Please call one of the following:  
**911**  
 The Counseling Center of Wayne & Holmes Counties Crisis Line

**330-264-9029**

National Suicide Prevention Lifeline

**1-800-273-TALK**

or Crisis Text line: txt

**"4HOPE" to 741741**

## Expressing Appreciation to our Funding Providers:



### Letter from the Director:

As you can see, we have a new look for the newsletter and calendar! For a while now we have been taking note of how much we put in both the NAMI Happenings and the MOCA Gazette. In an effort to make life less cluttered we have decided to join the two publications. I'm sure you will see many changes this month, but will likely continue to see a few changes or small adjustments over the coming editions. Thank you for your willingness to try new things.

Other things in this publication is the announcement of our 2020 CIT Officer of the year and the news of the NAMI Community Service and Award. If you see any of these folks out and about be sure to congratulate them and thank them for their service to the organization and to the community.

With kind regards,

*Helen Walkerly*

### Family Education/Support

The next **NAMI Family to Family** class is scheduled to begin on September 19<sup>th</sup>. This class will be the first time we will offer it with the new 8-week session format. Please spread the word and have people call the office to register.

Our **Family Support Group** is meeting the first Tuesday of each month at 6:30 pm. If you are interested in either of these support groups, please call Dawn at the office.

**Our People Affected by a Loved-One's Suicide (PALS)** group is now meeting with a blended in-person and Zoom option; the next meeting of this group is on September 22<sup>nd</sup> at 5:30 pm.

### 2020 NAMI Wayne & Holmes Counties Awards

Our **Annual Gathering** did not take place this year due to the pandemic, but we still want to recognize those people who were chosen to receive our yearly awards.



The **NAMI Community Service Award** went to two



people this year, Rita Roberts and Bruce Hendrick. Rita has been with us since 2004 first as an employee and then as a board member and tireless volunteer. Bruce is also rotating off the board after completing 9 years of continued service on the board. Thank you both for your dedication to NAMI and for your tireless efforts at advocacy, education and support of our mission.

Officer Nathan Chrapowicki of the Orrville Police Department is the recipient of **2020 CIT Officer of the Year**. Officer Chrapowicki completed CIT training in 2019. His colleagues stated in the nomination that "Officer Chrapowicki not only takes pride in solving and preventing crime but also helping those who are in a mental health crisis" with his learned de-escalation techniques. Nathan is pictured here with his chief, Matt Birkbeck and Executive Director Helen Walkerly.



### Mental Illness Awareness Week

Mental Illness Awareness Week is the first week in October (October 4-10). Join NAMI in shining a light on mental illness. *Wear green this week to spread awareness!*

### Suicide Prevention Awareness Month



We at NAMI and the Suicide Prevention Coalition want to remind each of us that Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition.

Please stay in touch with your family and friends especially with COVID causing so much isolation and stress for many people.

There are local resources if you or someone you know is having suicidal thought. Call **911**, the local mental health Crisis Line **330-264-9029** or the national Suicide Prevention Lifeline at **800-273-8255**, or use the Crisis Text line by texting **4hope to 741-741**.

NAMI's LOSS Team and PALS group supports those left behind as a result of a loved one dying by suicide. Call the office at 330-264-1590 for information on these programs.

**International Survivors of Suicide Day** on November 21<sup>st</sup> this year. Please keep watch for more information to come on this.

Stay connected with us: "Like" NAMI Wayne and Holmes Counties and MOCA House Program on Facebook.

