



March 2021 MOCA House Calendar

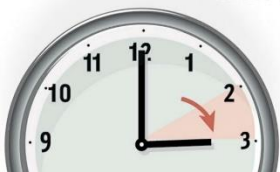
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	2 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 6:30 Family Support Group	3 1:00 Nutrition Niblets ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	4 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection	5 12:30 Prayer & Spirituality w/ Steve 1:00 Yahtzee Break 1:45-2 2:00 Winning Against Relapse	6
7	8 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	9 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott	10 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	11 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection	12 12:30 Prayer & Spirituality w/ Steve 1:00 Open Art Break 1:45-2 2:00 Winning Against Relapse	13
14  Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday.	15 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	16 10am Staff meeting 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott	17 St. Patrick's Day 1:00 Nutrition Niblets ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	18 10:00 SPC Coalition 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection	19 12:30 Prayer & Spirituality w/ Steve 1:00 Trivia Break 1:45-2 2:00 Winning Against Relapse	20
21	22 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	23 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 5:30 PALS Group (zoom)	24 1:00 Wooster Hospital Dietician ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	25 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection 6:00pm Board Meeting	26 12:30 Prayer & Spirituality w/ Steve 1:00 Bingo Break 1:45-2 2:00 Winning Against Relapse	27
28	29 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	30 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott	31 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	<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> <i>♥ = Health & Wellness Program activities</i>		

April 2021 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.				1 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection	2 12:30 Prayer & Spirituality w/ Steve 1:00 Open Art Break 1:45-2 2:00 Winning Against Relapse	3
4 Happy Easter! 	5 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	6 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 6:30 Family Support Group	7 12:30 Nutrition Niblets ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	8 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection	9 12:30 Prayer & Spirituality w/ Steve 1:00 Trivia Break 1:45-2 2:00 Winning Against Relapse	10
11	12 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	13 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott	14 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	15 10:00 SPC Coalition 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection	16 12:30 Prayer & Spirituality w/ Steve 1:00 Yahtzee Break 1:45-2 2:00 Winning Against Relapse	17
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25	26 12:30 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA	27 12:30 Prayer & Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 5:30 PALS Group (zoom)	28 1:00 Wooster Hospital Dietician ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)	29 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection	30 12:30 Prayer & Spirituality w/ Steve 1:00 Bingo Break 1:45-2 2:00 Winning Against Relapse	

Spring forward

Don't forget to set clocks ahead one hour at 2 a.m. Sunday, March 14.



Expressing Appreciation to our Funding Providers:



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

We continue to remain open with limited hours and decreased capacity to maintain the health and safety for our peers, visitors and staff. We are here to provide peer support and recovery through multiple pathways, resources, and tools to help you meet recovery goals. With new protocols in place our structure and activities have been modified to better serve you and your recovery needs. You are encouraged to engage in our open group formats and to seek out and use resources that are available. We ask that you have patience while we continue to evaluate the situation for safety and social distancing while focusing on recovery and peer support opportunities.

March-April 2021

Letter from the Director:

As I write this, we have new snow stacked upon last week's snow. Spring is just around the corner, and I am looking forward to more sunny days and warmer temps.

Thanks to each of you who donated to NAMI in response to our appeal letter. We are also seeing returning and new donations toward our Walk and 5K for Wellness. Your support makes a big difference in ensuring that we can continue to offer programs that support those affected by mental health conditions and their families, suicide support services, and training for law enforcement officers.

As you may know, everything we provide at NAMI is at no cost to the person(s) in need. This includes the MOCA House Recovery Program, family education and support, the CIT program for law enforcement officers, and our work in suicide prevention and postvention.

National Volunteer Appreciation Week is in April. As I reflect on NAMI volunteers and members who have helped build and maintain our programs and mission, I am grateful to each of you. In a year of more physical distance- Zoom meetings and phone calls- I look forward to seeing you all in person again soon.

With warm regards,

Helen Walkerly

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May 22, 2021

Introducing 2021 Honorary Chair:

Kevin Day



Volunteering and helping those in need has always been important to Kevin and his family. Under his direction as President/CEO of Western Reserve Group, his team is active in supporting local charities, both financially and through volunteerism. An Outreach Committee at WRG works to involve employees in community projects. Kevin also implemented a Volunteer Time Off Policy, which enables employees to receive their regular pay while volunteering with non-profit organizations during business hours. To date, WRG employees have volunteered a total of 2,894 hours to help improve the lives of others in the community. With mental health and the stigma that surrounds it being such a critical issue, Kevin and the team at WRG is proud to support NAMI in breaking down the stigma and supporting the work of this important organization! Please join them!

The Walk and 5K for Wellness is May 22, 2021. Back by popular demand, we are offering the "YOU Choose the Location" version of this event, to assure safety in the pandemic. Form a team and make the event fun while raising

money to help support our local mental health recovery programs. All who register by April 30 will get a free T-shirt. We have opportunities to win contests and awards, including:

- Top 3 Fundraising Teams and Individuals
- Farthest from 44691
- Best Photo Contest
- Most Creative Route
- Largest Team



All who register will also be eligible for door prizes. To find more info or to register go to www.midohiorm.com and click on Walk and 5K for Wellness.

NAMI Quilt Raffle for Walk and 5K for Wellness



Purchase tickets for a chance to win the beautiful quilt, handmade and donated by Vicky Hartzler.

The quilt is 88" x 94" and fits a queen size bed. Tickets will continue to be sold until the Walk and 5K for Wellness on May 22, 2021 when we will draw for the lucky winner. Tickets are \$1 a piece or \$5 for six.

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

