



November 2021 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA	2 11:30 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 6:30 Family Support Group	3 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	4 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	5 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Karaoke 2:00 Winning Against Relapse	6
 7	8 11:30 Social Time 12:00 Basic Fitness at HealthPoint ♥ -Sign up required 1:00 DBSA 5:00 pm Zoom DBSA	9 MOCA House & NAMI offices will be CLOSED Expressions of Hope Art Auction @ The Wayne Center for the Arts 5-8 pm.	10 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness	11 11:30 Social Time 12:00 Bowling -Sign up required	12 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Trivia 1:00-2:30 pm Art w/ Candace	13
14	15 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA	16 10am Staff meeting MOCA OPENS @ NOON 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	17 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness	18 10:00 SPC Coalition 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	19 Birthday Friday! 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Open Art 2:00 Winning Against Relapse	20 9:00 Inter- national Survivors of Suicide Loss Day Event
21	22 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA	23 11:30 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	24 11:30 or 1:00 Thanksgiving Dinner Sign up required No other MOCA Programming	25 Happy Thanksgiving!  No Programming	26 MOCA House & NAMI offices will be CLOSED	27
28	29 11:30 Social Time 12:00 Basic Fitness ♥ 1:30 Talk w/ Dr. Helmuth Seasonal Affective Disorder 5:00pm Zoom DBSA	30 11:30 Social Time 12:00 Art w/ Connie 2:00 Recovery Group 2:00 Women in Recovery	<i>DBSA = Depression Bipolar Support Alliance NAMI Connection = Peer support group WRAP = Wellness Recovery Action Plan PALS = People Affected by a Loved one's Suicide ♥ = Health & Wellness Program activities</i>			

December 2021 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>CALL THE VAN BETWEEN 8:30-9:30 am FOR PICK-UP AT 330-466-4765</u>			1 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	2 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	3 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Cornhole 2:00 Winning Against Relapse	4
5	6 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 Craft w/ Rachel -Sign up required 5:00pm Zoom DBSA	7 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 6:30 Family Support Group	8 11:30 Social Time 12:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	9 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection 6:00pm Board Meeting	10 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Craft w/Brooke 2:00 Winning Against Relapse	11
12	13 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA	14 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	15 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness	16 10:00 SPC Coalition 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	17 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00-2:30 Art w/ Candace 2:00 Winning Against Relapse	18
19	20 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA	21 10am Staff meeting MOCA OPENS @ NOON 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	22 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness	23 11:30 or 1:00 Christmas Dinner -Sign up required No other MOCA Programming	24 MOCA House & NAMI offices will be CLOSED	25 Merry Christmas! 
26	27 11:30 Social Time 12:00 Exercise 1:00 DBSA 5:00pm Zoom DBSA	28 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 5:30 PALS Group	29 11:30 Social Time 12:00 Exercise 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	30 New Year's Party 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	31 MOCA House & NAMI offices will be CLOSED	

REMINDERS



**On Sunday
November 7,
2021**

Winter Weather Closings

During the winter months, the NAMI office and MOCA House Program may be closed due to weather. If the sheriff declares a Level 2 or 3 Snow Emergency in Wayne County, we will be closed. Please listen to WQKT (Wooster) and WKLM (Millersburg) or visit their website for any information about closings. If there is a Level 2 in Holmes County and NOT in Wayne County, MOCA House and NAMI offices will remain open, but there will be no van transportation into Holmes County.

**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:**



**We will open at 12:00 noon
on Tuesday, November 16th
and Tuesday December 21st
to allow for staff meeting.**

**NAMI offices and the MOCA
House Program will be
closed on the following
dates:**

- **November 9**
(Expressions of Hope Art Auction)
- **November 25-26**
(Thanksgiving Holiday)
- **December 24 & 25**
(Christmas Holiday)
- **December 31**
(New Year Holiday)

Letter from the Director:

Greetings to all as we finish 2021 – another unique year. We have accomplished many good things, and continue to improve the lives of persons affected by mental illness in all that we do.

In October, we completed another successful Crisis Intervention Team (CIT) Training. There are 17 new graduates of this program. We are proud to send these law enforcement officers back into the community with reinforced knowledge and new strategies to help people in a mental health crisis.

We are also thankful to celebrate recovery by showing off artwork made in our MOCA House Recovery Program. Thank you to local businesses and Main Street Wooster for loaning window space for Artists Among Us. We had 72 pieces in 21 local shops!

As we head into cooler weather and the holiday season, I hope you take care of yourself. We ALL have mental health, as well as unique ways to work on our recovery. Know that you are not alone in this endeavor.

With warm regards,

Helen Walkerly



Welcome Joslyn!

We want to extend a warm NAMI/MOCA House welcome to our new van driver, Joslyn Hauter. She works with Trinity UCC

and has been there for 3 years. She is a collector of Marvel Comic and movie nostalgia. She also loves going to the movies. Joslyn takes care of her mother at home. She has two dogs, a chihuahua and a dachshund. Give her a wave next time you see her in the van!



Expressions of Hope Art Auction

Don't miss our 3rd Art Auction on November 9th at The Wayne Center for the

Arts at 237 S Walnut St, Wooster, OH 44691. The event begins at 5:00 pm with refreshments, music, and silent auction. The live auction begins at 6:00 pm.

The artwork is amazing! Please join us as we introduce the exceptional work of MOCA House Artists and raise funds and awareness for the MOCA House Program. Art and creativity have a great healing impact in mental health recovery. These are one-of-a-kind pieces!

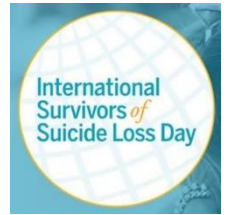
Check out our website or Facebook page to get a glimpse of some items you will have the opportunity to acquire. The live auction will include watercolor and acrylic paintings and photography. We have had several local artists donate from their collections. Julie Hogarth donated a beautiful 2-piece acrylic canvas set that will be in the live auction.

The silent auction will have wonderful items as well. For all of you out there that have a sweet tooth we have a certificate to a scrumptious homemade Key Lime Cheesecake. Or, if you prefer savory, we have a gift basket from Shisler's Chees House. We were fortunate to receive a special pottery piece from Jim Spires and another from Cary Hulin, both which will be in the silent auction. Mike Peterson also donated a wintery clay piece. Other items include a Charcuterie Board, Vera Bradley purse, quilted items, and more.

There will also be a browse and buy section with artwork, notecards, beadwork, and matted pictures that are available for immediate purchase.

Registration is encouraged; please call us or email info@namiwaynehomes.org if you plan to attend!

International Survivors of Suicide Loss Day: November 20



On Nov. 20, the PALS group will again be hosting a program from 9:00-10:30 am at NAMI to honor those who have lost a loved one to suicide. This day is set aside annually all around the world. We will preview a video from the American Foundation of Suicide Prevention (AFSP), and have a discussion. We will also have some healing activities for attendees. Please join us as we honor these persons who have survived these traumatic losses. Check the website or call the office about how to register.

Family Support Group

If you have a family member or loved one with a mental health condition, you are not alone! Join us on the first Tuesday of each month at 6:30 at the NAMI office to find welcoming support and learn strategies to cope. The group is currently spending time working through the book "I'm Not Sick, I Don't Need Help!" by Xavier Amador. We welcome new members.



Stabilization Care Kits

NAMI is able to help provide care kits, including personal care and household items. We have a limited supply. Please stop by our office if you are in need of one. Thank you to the Workman Family Community Grant at the Wayne County Community Foundation for granting funds for this project.

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

