


# January 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00 pm Zoom DBSA	4 11:30 Social Time 12:00 Bowling – sign up required 2:00 Men in Recovery 2:00 Women in Recovery <b>6:30 Family Support Group</b>	5 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	6 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	7 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/Rachel 2:00 Winning Against Relapse	1 
9	10 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00 pm Zoom DBSA	11 <b>10am Staff meeting</b> <b>MOCA OPENS @ NOON</b> 12:00 Art w/ Brooke 2:00 Men in Recovery 2:00 Women in Recovery	12 11:30 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	13 11:30 Social Time 12:30 Art w/ M.G. 2:00 NAMI Connection	14 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Bingo 2:00 Winning Against Relapse	15
16	17 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00 pm Zoom DBSA	18 <b>10am Staff meeting</b> <b>MOCA OPENS @ NOON</b> 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery	19 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness</b>	20 <b>10:00 SPC Coalition</b> 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	21 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse	22
23	24 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00pm Zoom DBSA	25 11:30 Social Time 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery <b>5:30 PALS</b>	26 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness</b>	27 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	28 <b>Birthday Friday!</b> 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/Rachel 2:00 Winning Against Relapse	29 <b>Family to Family Class 1</b>
30	31 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00pm Zoom DBSA	<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				

# February 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CALL THE VAN BETWEEN 8:30-9:30 am FOR PICK-UP AT 330-466-4765</b>		1 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery <b>6:30 Family Support Group</b>	2 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	3 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	4 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Air Hockey 2:00 Winning Against Relapse	5 <b>Family to Family Class 2</b>
6	7 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00pm Zoom DBSA	8 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	9 11:30 Social Time 12:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	10 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	11 <b>Super Bowl Party</b> 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse  <b>Pizza Sale Pickup 11-3</b>	12 <b>Family to Family Class 3</b>
13	14 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Valentine Craft 5:00pm Zoom DBSA	15 <b>10am Staff meeting</b> <b>MOCA OPENS @ NOON</b> 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	16 11:30 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness</b>	17 <b>10:00 SPC Coalition</b> 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	18 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Chat with a Cop 2:00 Winning Against Relapse	19 <b>Family to Family Class 4</b>
20	21 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00pm Zoom DBSA	22 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery <b>5:30 PALS</b>	23 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group <b>6:15 Writing for Wellness</b>	24 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection  <b>6:00pm Board Meeting</b>	25 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/Rachel 2:00 Winning Against Relapse	26 <b>Family to Family Class 5</b>
27	28 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA  5:00pm Zoom DBSA	<b><u>MASKS ARE STILL REQUIRED.</u></b> <b>WE HOPE TO SEE YOU SOON!</b> 🤝				



## 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 websites 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:



## \*\*\*REMINDERS\*\*\*

We will open at **12:00 noon on Tuesday, January 11<sup>th</sup> & 18<sup>th</sup>, and Tuesday February 15<sup>th</sup>** to allow for staff meetings.



If you are unable to attend groups in person, remember we are here to check in with you. We have more than one way for you to get that dose of MOCA peer support that we all know and love.

### Letter from the Director:

By the time you read this newsletter, we will have celebrated the holiday season and will be just getting started on a New Year.

It has been a busy time at NAMI. We had a successful 3<sup>rd</sup> Expressions of Hope Art Auction in November, celebrating the recovery that happens each week in the MOCA House Art Program. We hosted an International Survivors of Suicide Loss event, and attendees found some healing for their loss of a loved one to suicide. We were also able to complete our project from the Workman Family Community Grant, and distribute 70 stabilization care kits to local families. Thank you to our volunteers, members, and donors for your help with these efforts.

As we enter into 2022, we have some upcoming education programs. Family-to-Family is a life-changing program if you have a loved one who has a mental illness. We are also looking forward to training local law enforcement officers at our Crisis Intervention Team (CIT) Training in January.

All of us here at NAMI continue to support and educate family members, people affected by a loved one's suicide, people working on their mental health recovery, and police officers in the CIT Program. We invite you to become even more involved in our mission.

I wish each of you a peaceful and blessed New Year.

*Helen Walkerly*

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



### \*\*\*SAVE THE DATE\*\*\*



Our **Walk & 5K for Wellness** is **May 14, 2022**.

Join us in celebrating mental health recovery! Form a team and make the event fun while raising money to help support our local mental health recovery programs. We will have opportunities to win prizes. Stay tuned for more details on this in the March-April Newsletter. Find more info by clicking on our event at [namiwayneholmes.org](http://namiwayneholmes.org).

### Family Education Starting

The next class of our **Family to Family** course, for families and friends of adult persons with a mental illness, is starting on January 29<sup>th</sup>. This class will take place for 8-weeks at the NAMI office in Wooster from 9:00-11:30 am each Saturday morning. If you have an adult loved-one with a mental illness, this is the class for you. The program is taught by trained family members who have lived with this experience and have been trained to be a teacher of the program.

Topics covered include:

- Solving problems and communication
- Taking care of yourself & your stress
- Supporting with compassion
- Finding local supports and services
- Information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

For more information or to register, call Dawn at the office at 330-264-1590. The course is free but you must register.

### Super Bowl Pizza Sales



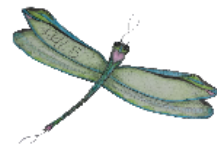
Once again, we are taking orders for those delicious freshly-made pizzas we make available for Super Bowl weekend. Quantities are limited, so order early to ensure that you get yours. **Orders and payment are due no later than February 1<sup>st</sup>**, or until limit it met. The pizzas can be picked up at the NAMI office from 11-3 on Friday (2/11) or we can deliver (for 10 or more pizzas). These pizzas freeze well, so don't be afraid to order extras. You can call the office at 330-264-1590 to place your order. Funds raised support MOCA House activities.

### Women's Group Topics

Each Tuesday at 2:00, we have a Women's Group. All women are welcome! No registration is necessary-just show up prepared to learn and share. The following topics will be covered:

- Jan. 4- Self Care
- Jan. 11- Positive Thinking
- Jan. 18- Stress Management
- Jan. 25- Self-Esteem
- Feb. 1- Journaling
- Feb. 8- Challenging Anxious Thoughts
- Feb. 15- Goal Breakdown
- Feb. 22- Assertive Communication

Stop in to participate in the Men's Recovery Group which takes place at the same time.



### PALS Support Group

If you have lost a loved one to suicide, you are not alone! Join us on the 4th Tuesday of each month at 5:30 at the NAMI office to find welcoming support and learn strategies to cope. We welcome new members.