


March 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CALL THE VAN BETWEEN 8:30-9:30 am FOR PICK-UP AT 330-466-4765	1 11:30 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 6:30 Family Support Group	2 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective 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 Games 2:00 Winning Against Relapse	5 Family to Family Class 5
6	7 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA	8 9:30 am Staff meeting MOCA OPENS @ NOON 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	9 11:30 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group	10 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	11 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse	12 Family to Family Class 6
13 	14 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA	15 11:30 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	16 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group 6:15 Writing for Wellness	17 10:00 SPC Coalition  11:30 Social Time 12:30 St. Patty's Day Craft w/ Brooke 2:00 NAMI Connection	18 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Trivia 2:00 Winning Against Relapse	19 Family to Family Class 7
20	21 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Chair Yoga w/ Brooke ♥ 5:00pm Zoom DBSA	22 11:30 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 5:30 PALS	23 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group 6:15 Writing for Wellness	24 11:30 Social Time 12:30 Bowling -Sign up required 2:00 NAMI Connection 6:00pm Board Meeting	25 Birthday Friday! 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Rachel 2:00 Winning Against Relapse	26 Family to Family Class 8
27	28 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA	29 11:30 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	30 11:30 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group	31 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	MASKS ARE STILL REQUIRED. WE HOPE TO SEE YOU SOON! 😊	

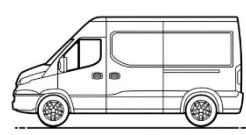
April 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Air Hockey 2:00 Winning Against Relapse	2
3	4 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA	5 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	6 11:30 Social Time 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group	7 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	8 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Corn Hole 2:00 Winning Against Relapse	9
10	11 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA	12 9:30 am Staff meeting MOCA OPENS @ NOON 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	13 11:30 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group	14 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	15 11:30 Easter Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Trivia 2:00 Winning Against Relapse	16
17 	18 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA	19 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery	20 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group 6:15 Writing for Wellness	21 10:00 SPC Coalition 11:30 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection	22 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse	23
24	25 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 Talk with Dr. Helmuth 5:00pm Zoom DBSA	26 11:30 Social Time/ Walk 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 5:30 PALS	27 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizo affective Group 6:15 Writing for Wellness	28 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection 6:00pm Board Meeting	29 Birthday Friday! 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Rachel 2:00 Winning Against Relapse	30



Call Van for Transportation

Free transportation continues to be available to the MOCA



House Recovery Program and back to your home. If you need of transportation, please call the MOCA van directly at 330-466-4765 between **8:30 and 9:30 am** on the day you would like to come to the program.

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, March 8th, and Tuesday April 12th** to allow for staff meetings.

We continue to follow protocols 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 in recovery. With these protocols in place we continue to strive to serve you and your recovery needs. You are encouraged to engage in our groups and to seek out and use resources that are available. We remain committed to focusing on recovery and peer support opportunities.

Letter from the Director:

Springtime is almost here! I hope you are encouraged by the extra daylight hours like we are. We've been very busy here at the office planning for the upcoming WALK and 5K for Wellness. After 2 years of planning for a new 5K route addition, we are so glad to put those plans in motion. Thank you to our committee for your work on this event.

The winter Family to Family education class is well under way. As people graduate from this program, we encourage you and others in the community to join our Family Support Group on the first Tuesday of each month. Thank you to our volunteers who help people discover good strategies for coping with a family member's mental illness.

Did you get a chance to see our article in the NAMI Ohio newsletter? We feel honored to be recognized across the state for the strength in our community. If you'd like to see a copy, give us a call or stop by the office. It is also on the NAMI Ohio website.

Lastly, we will be honoring our volunteers in April. We could not accomplish our mission without you.... Thank you!!!

With warm regards,

Helen Walkerly



Volunteer Appreciation Week

April 17-23 is volunteer appreciation week.

We appreciate our volunteers everyday of the year, but would like to take this time to give a great big **Thank You** to all our volunteers for all you do. We could not do everything we do without your excellent assistance!



May 7, 2022

In-person or Virtual

Introducing 2022 Honorary Chairs:

Michael & Duper Pallotta



NAMI is glad to have Michael and Duper Pallotta join us as the 2022 Honorary Chairs for the Walk and 5K for Wellness. Michael is the President of Pallotta Ford, and the couple together support many initiatives in our local community, including committee and board work. Michael and Duper feel that nonprofit organizations strengthen communities by providing educational, health, and social services that our citizens need.

"This is an example as to why we love staying active within the Wooster community and supporting local organizations. We would like to help people to understand our community members who have mental health conditions. We are glad to help change the stigma, discrimination and the negative impact that it has on people affected by mental health conditions. This is why we have proudly decided to support them, and we want you to support them too! Please join us on May 7th, 2022 for the NAMI Walk and 5K for Wellness".

The Walk and 5K for Wellness will be in-person at Ohio State- Wooster Campus, starting at the Secret Welcome and Education Center. We have options for 1- or 2-mile walking routes, as well as a **new** 5K route. Timing for the 5K is provided by Vertical Runner, and cash prizes will be awarded to the fastest finishers. We still have the option to participate virtually if you choose.

Form a team with family and friends or participate as an individual. All funds raised stay local and support NAMI's free mental health recovery services. All who register by April 15 will get a free T-shirt. We also have opportunities to win contests, awards, and 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

Purchase tickets for a chance to win the beautiful quilt, handmade and donated by Vicky Hartzler. The quilt is 94" x 100" and fits a queen size bed. Tickets will continue to be sold until the Walk and 5K for Wellness on May 7, 2022. The drawing will take place at the event; winner need not be present.

**Tickets: \$1 for one
\$5 for six
\$10 for fifteen**



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