




May 2022 MOCA House Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|--|--|---|
| 1 | 2 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA | 3 sign up required  - no other programming 6:30 Family Support Group | 4 11:00 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group | 5 11:00 Social Time 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection | 6 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games Closing at 2:00 PM | 7  Wellness Secret Welcome Center -2122 Williams Rd., Wooster |
| 8 | 9 11:00 Social Time 12:00 Fishing 5:00 pm Zoom DBSA | 10 9:30 am Staff meeting MOCA OPENS @ NOON 12:00 Art with Connie 2:00 Co-ed Recovery Group | 11 11:00 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group | 12 11:00 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection | 13 NAMI OFFICES AND MOCA HOUSE CLOSED | 14 |
| 15 | 16 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA | 17 11:00 Social Time 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery | 18 11:00 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness | 19 10:00 SPC Meeting 11:00 Social Time 12:30 Drum Circle w/ Brooke 2:00 NAMI Connection | 20 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse | 21 |
| 22 | 23 11:00 Social Time 12:00 Basic Fitness at HealthPoint ♥ 5:00pm Zoom DBSA | 24 11:00 Social Time 1:00 Community-Building & Collaboration Among Students with Psychosis Talk 2:00 Men in Recovery 2:00 Women in Recovery 5:30 PALS | 25 11:00 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness | 26 11:00 Social Time 12:30 Chair Yoga w/ Brooke at Secrest ♥ 2:00 NAMI Connection 6:00pm Board Meeting | 27 Birthday Friday & Memorial Day Celebration! 11:00 Social Time 11:30 Cookout on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse | 28 |
| 29 | 30 NAMI OFFICES AND MOCA HOUSE CLOSED  | 31 11:30 Social Time 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery | <u>CALL THE VAN BETWEEN 8:00-9:00 am FOR PICK-UP AT 330-466-4765</u> | | | |

June 2022 MOCA House Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|----------|
| <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 | | | 1 11:00 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group | 2 11:00 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection | 3 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Air Hockey 2:00 Winning Against Relapse | 4 |
| 5 | 6 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA | 7  - sign up required no other programming 6:30 Family Support Group | 8 11:00 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group | 9 11:00 Social Time 12:30 Drum Circle w/ Brooke 2:00 NAMI Connection | 10 Picnic at the Fowler's!  11:00-3 - sign up required no other programming | 11 |
| 12 | 13 sign up required  no other programming 5:00pm Zoom DBSA | 14 9:30 am Staff meeting MOCA OPENS @ NOON 12:00 Social Time/Walk 2:00 Men in Recovery 2:00 Women in Recovery | 15 11:00 Social Time 1:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness | 16 10:00 SPC Meeting 11:00 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection | 17 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse | 18 |
| 19 | 20 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA | 21 11:00 Social Time/ Walk 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery | 22 11:00 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness | 23 11:00 Social Time 12:30 Craft w/ Brooke 2:00 NAMI Connection 6:00pm Board Meeting | 24 Birthday Friday! 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Rachel 2:00 Winning Against Relapse | 25 |
| 26 | 27 11:00 Social Time 12:00 Basic Fitness at HealthPoint ♥ 5:00pm Zoom DBSA | 28 11:00 Social Time 12:00 Johnson's Woods ♥ 2:00 Men in Recovery 2:00 Women in Recovery 5:30 PALS | 29 11:00 Social Time 1:00 Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group | 30 11:00 Social Time 12:30 Drum Circle w/ Brooke 2:00 NAMI Connection | | |



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*****

MOCA House is extending its hours. Starting May 2, we will now open at 11:00 AM M-F.

Closed in observance of Memorial Day on Monday May 30, 2022.



We will open at 12:00 pm on Tuesday, May 17th & June 14th to allow for staff meeting.

Closed for staff to attend NAMI conference Friday May 13, 2022.

PLEASE!! NOTE

All Outings require previous sign up which is limited in number. Please do not call the van the morning of an

outing to be picked up if you have not signed up beforehand. On days that there is an outing no other MOCA programming will be happening.

May-June 2022

Letter from the Director:

Happy Spring to everyone! It is nice to see everything in bloom, and the promise of new growth.

We just completed our (Crisis Intervention Team) CIT Advanced / Refresher training with 18 law enforcement in attendance. The program focused on advanced de-escalation techniques and updating officers on information that has been added to the program in the last few years. Be on the look-out for our billboards from May-July, celebrating the commitment of our trained CIT officers.

We are looking forward to seeing you at our Walk and 5K for Wellness on May 7th at Secrest. We are so thrilled to be back in-person, while maintaining some fun traditions that we discovered in the virtual walk. Thank you to our volunteers, planning committee and honorary chairs, Michael and Duper Pallotta, for your hard work.

Please save the date for our Annual Gathering on August 25, 2022. It is moving to The Connection Conference and Event Center, to give us room to grow. The speaker is Pete Earley, author, mental health advocate, and father of a son with bipolar disorder. Our awards ceremony will be included in the evening as well.

With warm regards,

Helen Walkerly

“Community-Building & Collaboration Among Students with Psychosis”

Drs. Fred and Penny Frese Lecture Series on May 24 on Zoom. The presenter will be Cecilia McGough. Join us at MOCA House to watch with us at 1 pm or register at:

https://neomed.zoom.us/webinar/register/WN_K4G669L3S66Is9ZrD2oO6g



Our 15th Annual WALK & 5K for Wellness is quickly approaching. Join us on

Saturday, May 7 from 8-11 AM, at Secrest Welcome & Education Center on The Ohio State – Wooster Campus at 2122 Williams Rd. Wooster, OH 44691. Awards and door prizes will be announced live. There is an option to participate virtually too.

For more information, call NAMI or go to namiwayneholmes.org/walk-and-5K-wellness.

Thank you to all the generous sponsors of our 2022 WALK & 5K for Wellness!

- Pallotta Ford Lincoln
- Michael & Duper Pallotta
- Nobles Foundation
- The Ralph R and Grace B Jones Foundation
- FordDirect
- Morton Salt
- Peg's Foundation
- The Village Network
- Western Reserve Group
- Briggs Financial Group
- Pomerene Hospital
- RBB
- Wayne County Community Foundation
- Wooster Community Hospital Health Systems
- Wooster Glass Company
- Lisa & Rick Johnson
- BCI Buckeye Corrugated Inc.
- D + S Distribution, Inc.
- G & S Bar and Wire, LLC
- Highland Springs
- JARRETT
- Lehman's Hardware
- McElroy Packaging
- PNC Bank
- Seaman Corporation
- The University of Akron - Wayne College
- The Wooster Brush Company
- Wooster Hydrostatics Inc.
- AnaZao Community Partners
- Aultman Orrville Hospital
- Bogner Construction Company
- Cleveland Clinic Wooster
- Gasbarre Surveying
- Gerber's Amish Farm Chicken
- Himes, Slater, & Hershberger CPAs
- Hummel Group
- Park National Bank
- SpringHaven Counseling Center
- Stutzman Lumber Ltd.
- The Apple Creek Banking Co.

May is Mental Health Awareness Month



1 in 5 Americans are affected by a mental health condition in their lifetime. We are all affected or impacted through friends and family.

During the month of May, NAMI and participants across the country are bringing awareness to mental health. We fight stigma, provide education and support, and advocate for policies that support people with mental illness and their families.

Check out our banners in Wooster to promote Mental Health Awareness.

Also stay tuned to our facebook page for daily mental health month facts and tips!



Welcome, Brian!

We would like to give a warm, NAMI/MOCA



welcome to our new van driver, Brian.

Brian is a veteran of the U.S. Navy who served from 1984-1990. He has various experiences in driving. Brian has driven

in San Diego and Japan with a few jobs being a driver. He was born in Canton, OH and lived in California for about 20 years before returning back to Ohio in 2004.

Brian looks forward to being our driver! We want to thank Brian for serving our country and now serving our community. Give him a wave next time you see him in the van!

Stay connected with us: "Like" NAMI Wayne & Holmes Counties on Facebook.

