



July 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CALL THE VAN BETWEEN 8:00-9:00 am FOR PICK-UP AT 330-466-4765</p> <p><i>* Social time, games, and crafts are available Monday - Friday, 11:00 a.m. to 3:00 p.m.</i></p> <p><i>* Everyone is encouraged to participate in groups and activities.</i></p>					<p>1</p> <p>INDEPENDENCE DAY PICNIC</p> <p>11:00 Social Time 11:30 Cookout on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>NAMI OFFICES AND MOCA HOUSE CLOSED</p> <p></p>	<p>5</p> <p>11:00 Social Time 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery 6:30 Family Support Group</p>	<p>6</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>7</p> <p>11:00 Social Time 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection</p>	<p>8</p> <p>11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA</p>	<p>12</p> <p>9:30 am Staff meeting MOCA OPENS @ NOON</p> <p>12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery</p>	<p>13</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>14</p> <p>11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection</p>	<p>15</p> <p>11:00 Social Time 11:30 Cookout with Bob 12:30 Prayer & Spirituality 1:00 Art w/ Rachel 2:00 Winning Against Relapse</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>11:00 Social Time 12:00 Basic Fitness at HealthPoint ♥ 1:00 DBSA 5:00pm Zoom DBSA</p>	<p>19</p> <p>11:00 Social Time 12:00 Art 2:00 Men in Recovery w/ Allen 2:00 Women in Recovery</p>	<p>20</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>21</p> <p>10:00 SPC Meeting 11:00 Social Time 12:30 Yoga w/ Brooke at College of Wooster Labyrinth ♥ 2:00 NAMI Connection</p>	<p>22</p> <p>11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA</p>	<p>26</p> <p> Akron Rubber Ducks outing -- Sign up required No other programming 5:30 PALS</p>	<p>27</p> <p>11:00 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>28</p> <p>11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection 6:00pm Board Meeting</p>	<p>29 Birthday Friday! 11:00 Cookout w/ Genoa 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse</p>	<p>30</p>
<p>31</p>						

August 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00 pm Zoom DBSA</p>	<p>2</p> <p>11:00 Social Time 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery 6:30 Family Support Group</p>	<p>3</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>4</p> <p>11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection</p>	<p>5 Happy Anniversary MOCA House. Celebrating 12 years! Games, Food, Tye Dye T-shirts and Fun ☺</p> <p></p>	<p>6</p>	
<p>7</p>	<p>8</p> <p>11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA</p>	<p>9 9:30 am Staff meeting MOCA OPENS @ NOON</p> <p>12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery</p>	<p>10</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>11</p> <p>11:00 Social Time 12:30 Chair Yoga w/ Brooke at Secret ♥ 2:00 NAMI Connection</p>	<p>12</p> <p>11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Air Hockey 2:00 Winning Against Relapse</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>11:00 Social Time 12:00 Basic Fitness at HealthPoint ♥ 1:00 DBSA 5:00pm Zoom DBSA</p>	<p>16</p> <p>12:00 Social Time/Walk 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery</p>	<p>17</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>18</p> <p>10:00 SPC Meeting 11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection</p>	<p>19</p> <p>11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA</p>	<p>23</p> <p>11:00 Social Time/ Walk 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery</p>	<p>24</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p>25</p> <p>MOCA House Closed No Programming 6:00 pm Annual Gathering</p>	<p>26 Birthday Friday! 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 5:00pm Zoom DBSA</p>	<p>30</p> <p>11:00 Social Time 11:30 Fishing/Walking ♥ 2:00 Men in Recovery 2:00 Women in Recovery 5:30 PALS</p>	<p>31</p> <p>11:00 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizo affective Group</p>	<p><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></p>		

REMINDERS

Call Van for Transportation

Free transportation is available to MOCA House and back home. Please call the van at 330-466-4765 between **8:00 and 9:00 am** for a ride.



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.

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:



Celebrating MOCA House 12-year Anniversary!

On Friday, August 5th the MOCA House program will celebrate its 12th year. We are going to have a party, play games, and have lots of fun.

Closed in observance of Independence Day on Monday July 4, 2022.



We will open at 12:00 pm on Tuesday, July 12th & August 9th to allow for staff meeting.

We will be closed on Thursday, August 25th in preparation of the Annual Gathering.

July-August 2022

Letter from the Director:

I'm hoping each of you are enjoying a wonderful summer! We are seeing more faces in our office and programs, we are excited to see new as well as returning faces. We are honored to be a safe space for people to work on recovery from mental illness. Our staff and volunteers are inspired by the work we do, the stories of changed lives, and the way we fit in the community. For these things, I am grateful.

We had a really nice phone call last month from Peg's Foundation, letting us know that NAMI Wayne-Holmes has been chosen as the recipient for the 2022 Morgan Impact Award for Excellence in Mental Health. What an incredible honor! Stay tuned as we share more information on the award.

I hope to see each of you at our Annual Gathering on August 25th.

With warm regards,
Helen Walkerly

Welcome, Bethany!

We would like to give a warm, NAMI/MOCA welcome to Bethany. She is helping out in a variety of ways around NAMI & MOCA House.



Bethany is from Wooster and has lived in the area for many years. She loves painting and doing crafts. She is very excited to be part of NAMI/MOCA House and is enjoying getting to know everyone!

Annual Gathering

Join us for our Annual Gathering, on August 25, 2022. We will be moving to The Connection Event Center this year as we continue to raise mental health awareness in our community. We are so excited to welcome Pete Earley, a best-selling author and mental health advocate, to speak about his family's experience with the system.

We will be naming and awarding the Ginger Handwerk MOCA House Award, the NAMI Community Service Award, and the CIT Officer of the Year. The Annual Gathering is always a special time when we bring the community of mental health advocates, like you, together to recognize and celebrate all that we do.

Invitations will be coming soon, call for information or to reserve your table or individual space.

Family to Family Program

NAMI's Family to Family education program will begin on September 17, 2022 from 9-11:30 am. This 8-week class is for persons who have a loved one with a mental illness. Topics include responses to diagnosis and dealing with crisis, brain biology, and listening and communication techniques. Classes are FREE but registration is required. Transportation is available. To register contact Dawn at 330-264-1590 or info@namiwayneholmes.org.



Look for our banners in Wooster to bring awareness to Mental Health.

CIT (Crisis Intervention Team) Billboards

Look for our CIT billboards in Wayne & Holmes Counties. If you have had an experience with a CIT officer or deputy, when you or a loved one are in a mental health flare up, you know how invaluable this training is!



THANK YOU, CIT OFFICERS & DEPUTIES, FOR YOUR COMMITMENT TO THOSE WITH MENTAL HEALTH DIAGNOSES.

NAMI's Taco Tuesday!



We are having a fundraiser at Chipotle in Wooster on **August 2nd from 4-8 pm**. You must show a paper or digital flyer. NAMI Wayne-Holmes will receive 33% of the sales during that time. Please spread the word! Flyers are available at the office or at facebook.com/NAMIWayneHolmes.



A great success!

Thank you ALL for helping us celebrate recovery and support NAMI:

- 299 participants
- 30 teams
- 43 business sponsors
- Raising over \$92,000!

Join us next year: **May 6, 2023!**

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

