







# September 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CALL THE VAN BETWEEN 8:00-9:00 am FOR PICK-UP AT 330-466-4765</b>                      * Social time, games, and crafts are available Monday - Friday, 11:00 a.m. to 4:00 p.m.                      * Everyone is encouraged to participate in groups and activities.</p>				<b>1</b>  sign up required No other MOCA Programming	<b>2</b> 11:00 Social Time 11:00-2:00 WRAP Class #1 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>3</b>
<b>4</b>	<b>5 HAPPY LABOR DAY</b>  NAMI Offices and MOCA House Closed	<b>6</b> 11:00 Social Time 12:00 Art 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time <b>6:30 Family Support Group</b>	<b>7</b> 11:00 Social Time 12:00 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>8</b> 11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time	<b>9</b> 11:00 Social Time 11:00-2:00 WRAP Class #2 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>10</b>
<b>11</b>	<b>12</b> 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 pm Zoom DBSA	<b>13</b> 9:30 am Staff meeting sign up required - no other programming 	<b>14</b> 11:00 Social Time 12:00 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>15</b> 11:00 Social Time 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time <b>6:00 Writing for Wellness</b>	<b>16</b> 11:00 Social Time 11:00-2:00 WRAP Class #3 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>17</b> Family to Family Class 1
<b>18</b>	<b>19</b> 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00pm Zoom DBSA	<b>20</b> 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time	<b>21</b> 11:00 Social Time 12:00 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>22</b> <b>10:00 SPC Meeting</b> 11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time	<b>23</b> 11:00 Social Time 11:00-2:00 WRAP Class #4 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>24</b> Family to Family Class 2
<b>25</b>	<b>26</b> 11:00 Social Time 12:00 Basic Fitness at HealthPoint ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 pm Zoom DBSA	<b>27</b> 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time <b>5:30 PALS</b>	<b>28</b> 11:00 Social Time 12:00 Wooster Hospital Dietician ♥ 1:00 Art 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>29</b> 11:00 Social Time 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time <b>6:00pm Board Meeting</b>	<b>30 Birthday Friday!</b> 11:00 Social Time 11:00-2:00 WRAP Class #5 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Rachel 2:00 Winning Against Relapse 3:00 Weekend Discussion	

# October 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>	<b>3</b> 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00pm Zoom DBSA	<b>4</b> 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time <b>6:30 Family Support Group</b>	<b>5</b> 11:00 Social Time 12:00 Nutrition Niblets ♥ 1:00 Art 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>6</b> 11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time <b>6:00 Writing for Wellness</b>	<b>7</b> <b>FALL PICNIC &amp; HAYRIDE at the FOWLER'S 11am-3pm sign up required</b> - no other programming 	<b>1</b> Family to Family Class 3 <b>8</b> Family to Family Class 4
<b>9</b>	<b>10</b> 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Talk w/ Dr. Helmuth 3:00 Social Time 5:00pm Zoom DBSA	<b>11 9:30 am Staff meeting MOCA OPENS @ NOON</b> 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time	<b>12</b> 11:00 Social Time 12:00 Fishing/Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>13</b> 11:00 Social Time 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time	<b>14</b> 11:00 Social Time 11:00-2:00 WRAP Class #6 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>15</b> Family to Family Class 5
<b>16</b>	<b>17</b> 11:00 Social Time 12:00 Basic Fitness at HealthPoint ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00pm Zoom DBSA	<b>18</b> 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time	<b>19</b> 11:00 Social Time 12:00 Walking ♥ 1:00 Art w/ Rachel 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>20 10:00 SPC Meeting sign up required</b>  - no other programming <b>6:00 Writing for Wellness</b>	<b>21</b> 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Games 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>22</b> Family to Family Class 6
<b>23</b>	<b>24</b> 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00pm Zoom DBSA	<b>25</b> 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time <b>5:30 PALS</b>	<b>26</b> 11:00 Social Time 12:00 Wooster Hospital Dietician ♥ 1:00 Art 2:00 Recovery Work Group 2:00 Schizophrenia/Schizoaffective Group 3:00 Social Time	<b>27</b> 11:00 Social Time 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time <b>6:00pm Board Meeting</b>	<b>28 Birthday Friday! Fall Fest Party</b>  11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Rachel 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>29</b> Family to Family Class 7
<b>30</b>	<b>31</b> 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00pm Zoom DBSA	<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>                      ♥ = Health &amp; Wellness Program activities</p>				

## Creative Art with Connie

Creative Art with Connie, will return September 20<sup>th</sup>. The class will be held each Tuesday at noon. Connie teaches watercolor painting. Beginners or a pro—everyone has fun in this class!



## 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**  
 24/7 Suicide & Crisis Lifeline  
**988**  
 Call, Text, or Chat

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

Starting Thursday, September 1, 2022 we will extend MOCA House hours to Monday-Friday 11:00 am-4:00 pm.

Closed in observance of Labor Day on Monday September 5, 2022.

We will open at 12:00 pm on Tuesday, October 11 to allow for staff meeting.

## September-October 2022

### Letter from the Director:

As many of you know, I will be retiring as the Executive Director the end of December. We made that official announcement last night. Board Co-chair, Marc Harvey also announced that the Board of Directors has hired Jen Grim as the new Director effective 1/1/23.

My time here at NAMI has been wonderful and fulfilled my passion of making sure we have good programming and that persons have access to education and support. It has been my pleasure to know and work with each of you.

I plan to spend winter months in Florida with hubby Ken yet continue to live in Ohio. And I will continue to support NAMI in any way possible.

With warm regards,  
*Helen Walkerly*

### NAMI'S ANNUAL GATHERING

Our Annual Gathering of members and friends was on August 25, 2022 at the Connection Event Center celebrating NAMI's accomplishments and awardees. Thanks to the Connections staff for taking such good care of us and to Mrs. Yoder's Kitchen for again providing the great meal. There were approximately 200 members and guests in attendance, the largest group ever for our dinner. Thanks to everyone who came out to share the evening with us.



We were honored to have Pete Earley an international speaker and award-winning author speak at our annual dinner, sharing

his powerful family story. Someone told me that Pete left us with a feeling of HOPE.



The **MOCA House Ginger Handwerk Service Award** was presented Garth & Kathy Fowler for their dedication and

volunteerism to the MOCA Recovery Program. We truly appreciate them.

The **NAMI Community Service Award** went to Vicky Hartzler honoring her long-term commitment to mental health advocacy.



Officer Nate Maimone of the Orrville Police Department was named the **Wayne-Holmes 2022 CIT Officer of the Year**. In his nomination, Nate's

exemplary actions as a CIT Officer came to light since his CIT training. Thanks Nate for all you do to assist persons in a mental health crisis.

### MOCA Art Exhibits

Masterpieces are made each week in the MOCA House Program, as people work on their recovery. Celebrate with us by visiting our upcoming exhibits:



**Artists Among Us**  
in collaboration with **Main Street Wooster**  
October 7-21  
at storefronts in downtown Wooster

**Soaring with Hope**  
in collaboration with **Peg's Foundation**  
October 26-January 2  
10 W. Streetsboro St., Suite 200  
Hudson, OH

For more information on these exhibits, or if you would like to be a part of our art program, contact the NAMI office.



We at NAMI and the Wayne Holmes Suicide Prevention Coalition want to remind everyone that suicidal thoughts can affect anyone regardless of age, gender or background.

**World Suicide Prevention Day is Saturday September 10**, a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

There are local resources if you or someone you know is having suicidal thought. Call, text or chat **988**.

NAMI's LOSS Team and PALS group support those who have lost a loved one to suicide. Call the office at **330-264-1590** for information on these services.

**International Survivors of Suicide Day** is on November 19<sup>th</sup> this year. The PALS group will be hosting this event again this year. Look for more details in the November/December *NAMI Happenings* or call the office for information.

### Writing for Wellness Returns!



One healthy outlet to deal with emotions is to express yourself in writing. This is a helpful tool in managing your mental health. It can help reduce stress anxiety, and provide an opportunity for positive self-talk and identifying negative thoughts and behaviors.

Join this fun-filled group. Group will restart September 15 group and will meet together on the **1<sup>st</sup> and 3<sup>rd</sup> Thursday** evening of the month from **6-7 p.m.** at MOCA House.

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

