



# November 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</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>2</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>3</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>4</b> 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Mental Health Trivia 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>5</b> Family to Family Class 8
<b>6</b> 	<b>7</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>8</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>9</b> 12:00 Basic Fitness ♥ 1:00 Art 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time	<b>10</b> <b>MOCA House &amp; NAMI offices will be CLOSED</b>	<b>11</b> 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Board Games 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>12</b>
<b>13</b>	<b>14</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>15</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>16</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>17</b> <b>10:00 SPC Meeting</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>18</b> <b>Birthday Friday!</b> 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Art w/ Candace 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>19</b> 9:00 International Survivors of Suicide Loss Day Event
<b>20</b>	<b>21</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>22</b> <b>9:30 am Staff meeting MOCA open at noon</b>  12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time	<b>23</b> <b>MOCA open 11:00 am – 2:00 pm</b>  <b>Thanksgiving Dinner</b>	<b>24</b> <b>Happy Thanksgiving!</b>  <b>No Programming</b>	<b>25</b> <b>MOCA &amp; NAMI CLOSED</b>	<b>26</b>
<b>27</b>	<b>28</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>29</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>30</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	<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		

# December 2022 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CALL THE VAN BETWEEN 8:00-9:00 am FOR PICK-UP AT 330-466-4765</b> <i>* Social time, games, and crafts are available Monday - Friday, 11:00 a.m. to 4:00 p.m.</i> <i>* Everyone is encouraged to participate in groups and activities.</i>				<b>1</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>2</b> 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Craft w/ Brooke 2:00 Winning Against Relapse 3:00 Weekend Discussion	<b>3</b>
<b>4</b>	<b>5</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>6</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>7</b> 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 Art 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>6:00pm Board Meeting</b>	<b>9</b> 11:00 Social Time 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 5:00pm Zoom DBSA	<b>13</b> 11:00 Social Time 12:00 Art w/ Connie <b>2:00 MOCA Closes</b>  <b>4:00-7:00 pm Helen's Retirement Open House!</b>	<b>14</b> <b>9:30 am Staff meeting MOCA open at noon</b> 12:00 Basic Fitness ♥ 1:00 Art 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time	<b>15</b> <b>10:00 SPC Meeting</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> <b>Helen's MOCA House Retirement Party</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>17</b>
<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 Nutrition Niblets ♥ 1:00 Art 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time	<b>22</b> 11:00 Social Time 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time	<b>23</b> <b>MOCA open 11:00 - 3:00</b>  <b>Christmas Dinner Celebration</b>	<b>24</b>
<b>25</b> 	<b>26</b> <b>NAMI &amp; MOCA CLOSED</b>	<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>30</b> <b>Birthday Friday!</b> 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Karaoke 2:00 Winning Against Relapse 3:00 Weekend Discussion	



**On Sunday  
November 6, 2022**

## Winter Weather Closings

During winter, the NAMI office and MOCA House Program may be closed. 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 information. If there is a Level 2 in Holmes County and NOT in Wayne County, MOCA House and NAMI offices will be open, but there will be no van transportation in 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**

24/7 Suicide & Crisis Lifeline

**988**

Call, Text, or Chat

## Expressing Appreciation to our Funding Providers:



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

Due to staff meeting we will open at **12:00 noon on November 22<sup>nd</sup> and December 14<sup>th</sup>.**

**NAMI offices and MOCA House will be closed on:**

- **November 10** (Peg's Foundation Award Ceremony)
- **November 24-25** (Thanksgiving Holiday)
- **December 26** (Christmas Holiday)
- **January 2, 2023** (New Year Holiday)

### Letter from the Director:

As many of you know, I will be retiring as Executive Director the end of December. That official announcement was made at our Annual Gathering in August. The Board also announced that they have hired Jen Grim as the new Director.

During my time here we've established and grown the MOCA House Program as well as our family programs. I've been blessed to work with our local law enforcement communities through the CIT program.

Developing the LOSS Team and facilitating the PALS group for survivors of suicide loss has been two very meaningful activities in my social work career.

We are unique among NAMIs with this variety of programming. We are also unique and blessed to own our wonderful facility. Knowing the organization has a permanent home to continue this great work is a comfort to me.

I have been blessed to work with a wonderful staff as well as a great group of persons who have served on the Board of Directors over my tenure. And it has been my pleasure to know and work with each of you. I will miss seeing everyone frequently.

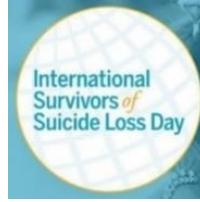
While Wooster is our permanent home, Ken and I plan to do some traveling and spend the winter months in Florida out of the cold. We also have grandchildren and great grandchildren to see and spoil more often.

NAMI Wayne-Holmes will always hold a piece of my heart. Thanks to each of you for making that happen. I plan to be on call to consult as needed in the future so maybe I will see you around.

With warm regards,  
*Helen Walkerly*

### International Survivors of Suicide Loss Day:

**November 19**



On Nov. 19, the PALS group will again be hosting a program from 9:00-11:00 am at NAMI to honor those who have lost a loved one to suicide. This day is set aside annually all around the world. We will preview a video from the American Foundation of Suicide Prevention (AFSP), and have a discussion. We will also have some healing activities for attendees. Please join us as we honor these persons who have survived these traumatic losses. Check the website or call the office about how to register.



### A Successful CIT Training

On October 7, NAMI graduated 24 law enforcement officers representing multiple LE agencies with certification as a CIT officer. This 40-hour Crisis Intervention Team (CIT) training is provided annually by NAMI Wayne and Holmes Counties.

Thanks to all of the organizations and persons who gave of their time to make presentations to assist the officers in learning about mental health issues and de-escalation techniques. Thanks also to the CIT Advisory Council for all of their assistance in the planning and implementation of this program.

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



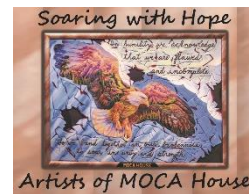
### Recovery Work Group Topics

Each Wednesday at 2:00 pm in the Recovery Work Group we will have topics related to the holidays. No registration is necessary-just show up prepared to learn and share. The following topics will be covered:

- Nov. 2- Seasonal Affective Disorder
- Nov.9- Coping with Holiday Depression/Stress
- Nov. 16- Mindful Eating
- Nov. 30- Recovery Empowerment
- Dec. 7- Positive Traits
- Dec. 14- Mental Health Benefits of Exercise
- Dec. 21- Relaxation
- Dec. 28- Coping with Post Holiday Letdown

### Family Education to Begin in February 2023

The *Family to Family* Education course will meet at the NAMI offices in Wooster beginning February 2023. This course meets once a week for 8-weeks and is for families and friends of persons with a serious mental illness. The program is taught by trained family members with lived experience and trained to teach this program. The course and materials are free. Please call the office at 330-264-1590 to register for the class. Again, the course is free but you must register.



### MOCA Art Exhibit in collaboration with Peg's Foundation

October 26-January 2  
10 W. Streetsboro St., Suite 200  
Hudson, OH

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