

# January 2023 MOCA House Calendar

| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY |  |
|--------|---|--|---|---|---|----------|--|
| 1<br>  | <b>NAMI &amp; MOCA CLOSED</b><br><b>Happy New Year!</b>   | <b>3</b><br>11:00 Social Time<br>12:00 Art<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time<br><br><b>6:30 Family Support Group</b> | <b>4</b><br>11:00 Social Time<br>12:00 Nutrition Niblets ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time  | <b>5</b><br>11:00 Social Time<br>12:30 Art w/ Brooke<br>2:00 NAMI Connection<br>3:00 Social Time<br><br><b>6:00 Writing for Wellness</b>                              | <b>6</b><br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Mental Health Trivia<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion   | 7        |  |
| 8      | <b>9</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00 pm Zoom DBSA  | <b>10 9:30 am Staff meeting</b><br><b>MOCA open at noon</b><br>12:00 Art w/ Connie<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time | <b>11</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time   | <b>12</b><br>11:00 Social Time<br>12:30 Movie & popcorn<br>3:00 Social Time   | <b>13</b><br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Yoga w/ Brooke ♥<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion  | 14       |  |
| 15     | <b>16</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00 pm Zoom DBSA | <b>17</b><br>11:00 Social Time<br>12:00 Art w/ Connie<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time                              | <b>18</b><br>11:00 Social Time<br>12:00 Nutrition Niblets ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time   | <b>19</b><br><b>10:00 SPC Meeting</b><br>11:00 Social Time<br>12:30 Art w/ Brooke<br>2:00 NAMI Connection<br>3:00 Social Time<br><br><b>6:00 Writing for Wellness</b> | <b>20</b><br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Art w/ Candace<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion  | 21       |  |
| 22     | <b>23</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00pm Zoom DBSA  | <b>24</b><br>11:00 Social Time<br>12:00 Art w/ Connie<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time<br><br><b>5:30 PALS</b>      | <b>25</b> 11:00 Social Time<br>12:00 Wooster Hospital<br>Dietician ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time  | <b>26</b><br>11:00 Social Time<br>12:30 Yoga w/ Brooke ♥<br>2:00 NAMI Connection<br>3:00 Social Time<br><br><b>6:00pm Board Meeting</b>                               | <b>27 Birthday Friday!</b><br>10:00-3:00 Viola Startzman<br>Dental Clinic<br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Karaoke<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion | 28       |  |
| 29     | <b>30</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00 pm Zoom DBSA | <b>31</b><br>11:00 Social Time<br>12:00 Art w/ Connie<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time                              | <i>DBSA = Depression Bipolar Support Alliance</i><br><i>NAMI Connection = Peer support group</i><br><i>WRAP = Wellness Recovery Action Plan</i><br><i>PALS = People Affected by a Loved one's Suicide</i><br>♥ = Health & Wellness Program activities |   |   |          |  |

# February 2023 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><br>* Social time, games, and crafts are available Monday - Friday, 11:00 a.m. to 4:00 p.m.<br>* Everyone is encouraged to participate in groups and activities. |  |  | <b>1</b><br>11:00 Social Time<br>12:00 Nutrition Niblets ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time             | <b>2</b><br>11:00 Social Time<br>12:30 Art w/ Brooke<br>2:00 NAMI Connection<br>3:00 Social Time<br><br><b>6:00 Writing for Wellness</b>                    | <b>3</b><br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Mental Health Trivia<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion   | <b>4</b><br><b>Family to Family Class 1</b>  |  |
| 5  | <b>6</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00pm Zoom DBSA  | <b>7</b><br>11:00 Social Time<br>12:00 Art w/ Connie<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time<br><b>6:30 Family Support Group</b>             | <b>8</b><br>11:00 Social Time<br>12:00 Wooster Hospital<br>Dietician ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time | <b>9</b><br>11:00 Social Time<br>12:30 Yoga w/ Brooke ♥<br>2:00 NAMI Connection<br>3:00 Social Time   | <b>10 SUPER BOWL PARTY!</b><br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Art w/ Candace<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion<br><br><b>Pizza Sale Pickup 11-3</b> | <b>11</b><br><b>Family to Family Class 2</b> |  |
| 12   | <b>13</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00pm Zoom DBSA | <b>14 9:30 am Staff meeting</b><br><b>MOCA open at noon</b><br><b>Valentine's Party</b><br>12:00 Art<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time | <b>15</b><br>11:00 Social Time<br>12:00 Nutrition Niblets ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time            | <b>16 10:00 SPC Meeting</b><br>11:00 Social Time<br>12:30 Art w/ Brooke<br>2:00 NAMI Connection<br>3:00 Social Time<br><br><b>6:00 Writing for Wellness</b> | <b>17</b><br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Games<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion   | <b>18</b><br><b>Family to Family Class 3</b> |  |
| 19   | <b>20</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00pm Zoom DBSA | <b>21</b><br>11:00 Social Time<br>12:00 Art<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time  | <b>22</b> 11:00 Social Time<br>12:00 Exercise ♥<br>1:00 Art<br>2:00 Recovery Work Group<br>2:00 Schizophrenia/<br>Schizoaffective Group<br>3:00 Social Time                        | <b>23</b><br>11:00 Social Time<br>12:30 Yoga w/ Brooke ♥<br>2:00 NAMI Connection<br>3:00 Social Time<br><br><b>6:00pm Board Meeting</b>                     | <b>24 Birthday Friday!</b><br>11:00 Social Time<br>11:30 Lunch on MOCA<br>12:30 Prayer & Spirituality<br>1:00 Karaoke<br>2:00 Winning Against Relapse<br>3:00 Weekend Discussion  | <b>25</b><br><b>Family to Family Class 4</b> |  |
| 26   | <b>27</b><br>11:00 Social Time<br>12:00 Basic Fitness ♥<br>1:00 DBSA<br>2:00 NAMI Connection<br>3:00 Social Time<br>5:00pm Zoom DBSA | <b>28</b><br>11:00 Social Time<br>12:00 Art w/ Connie<br>2:00 Men in Recovery<br>2:00 Women in Recovery<br>3:00 Social Time<br><br><b>5:30 PALS</b>                        | <b>SUPER BOWL PARTY!</b><br><b>on Friday February 10, 2023.</b><br><b>Wear your favorite football jersey!</b>  |   |   |  |  |



**NAMI & MOCA House will be closed January 2, 2023.**

### Winter Weather Closings

During winter, NAMI and MOCA House may need to close. Listen to or check websites of WQKT (Wooster) and WKLM (Millersburg) for information. If the sheriff declares a Level 2 or 3 Snow Emergency in Wayne County, we will be closed. 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.

24/7 Suicide & Crisis Lifeline

988

Call, Text, or Chat

**If you are in a Mental Health Crisis:**

Text 4hope to 741-741

Local 24-hour Crisis Response 330-264-9029

911

Ask for a CIT trained officer

NAMI Wayne and Holmes Counties

**Expressing Appreciation to our Funding Providers:**



\*\*\*REMINDER\*\*\*

**MOCA House will open at 12:00pm on January 10<sup>th</sup> & February 14<sup>th</sup>.**

### NAMI Annual Membership

|                      |         |
|----------------------|---------|
| Household Membership | \$60.00 |
| Regular Membership   | \$40.00 |
| Open Door Membership | \$5.00  |

Membership is open to anyone. If you have questions about when your membership is due, please call Dawn at the office.

January – February 2023

## Letter from the Director:

As the new executive director, it is such an honor for me to help carry on our legacy of improving the lives of persons affected by mental illness. I have met many of you in my time at NAMI as the fundraising and development person. If we haven't met yet, please call or visit anytime! I love to hear the history and meet the people who have been a part of our wonderful organization.

A little bit about me? I have been a part of NAMI Wayne-Holmes for over 4 years now, but before that, I wore many hats at a few other non-profit organizations. I enjoy the variety of this work and am always motivated by helping others and working toward a mission I believe in. Mental health has always been a passion of mine, because I see so many lives that can be improved with human connection and peer support.

As we head into the New Year, stay tuned to our calendar and upcoming events. We want to make sure that all people are aware of our mental health services and resources in our community. Perhaps it can help you, your family, your co-worker, neighbor, or friend. We welcome you to connect more with NAMI and be an advocate for mental wellness. We need your support and your voice!

With warm regards,

*Jen Grim*

## NAMI is the Local Chapter of Depression Bipolar Support Alliance (DBSA)

Join us in the MOCA House Program on Mondays at 1:00 pm for our DBSA Support Group! This group is specifically for people living with mood disorders. At meetings, people can share experiences, personal feelings, information, and strategies for living successfully with mood disorders.

## \*\*\*SAVE THE DATE\*\*\*



Our **Walk & 5K for Wellness** is **May 6, 2023**. Join us in celebrating mental health recovery! Form a team and make the event fun while raising money to help support our local mental health recovery programs. We will have opportunities to win prizes. Stay tuned for more details on this in the March-April Newsletter. Find more info by clicking on our event at [namiwayneholmes.org](http://namiwayneholmes.org).

## Family Education to Begin in February 2023


The **Family to Family** Education course will meet at the NAMI offices in Wooster beginning February 4, 2023. This course meets once a week on Saturday mornings from 9-11:30 am for 8-weeks. These classes are for family and friends of adults with a serious mental illness. The program is taught by trained family members with lived experience.

Topics covered include:

- Solving problems and communication
- Taking care of yourself & your stress
- Supporting with compassion
- Finding local supports and services
- Information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

*Free transportation is available.* Call the office at 330-264-1590 to register. The course is free but you must register.

## Super Bowl Pizza Sales

Once again, we are taking orders for those delicious freshly-made pizzas available for Super Bowl weekend. Quantities are limited, so order early to ensure that you get yours.  **Orders and payment are due no later than January 30<sup>th</sup>**, or until limit is met. The pizzas can be picked up at the NAMI office from 11-3 on Friday (2/11) or we can deliver (for 10 or more pizzas). Options this year are cheese, pepperoni, and supreme. All options cost \$15 per pizza. These pizzas freeze well, so don't be afraid to order extras. Order form is available on our website. Funds raised support MOCA House activities.

## Women's Group Topics

Each Tuesday at 2:00, we have Women's Group. All women are welcome! No registration is necessary - just show up prepared to learn and share. The following topics will be covered:

- Jan. 3- What helps our recovery?
- Jan. 10- What hinders our recovery?
- Jan. 17- Assertive Communication
- Jan. 24- Goal setting
- Jan. 31-Goal breakdown
- Feb. 7- Circle of support
- Feb. 14- Goal Breakdown
- Feb. 21- Keeping friendships strong/ developing new friendships
- Feb. 28- Visions of Recovery

Stop in to participate in the Men's Recovery Group which takes place at the same time.

## Writing for Wellness

Writing for Wellness group continues to meet on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month from 6-7:30 pm. Join us!

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

