





March 2023 MOCA House Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|-----------|
| | | | 1 11:00 Social Time 12:00 Nutrition Niblets ♥ 1:00 Art w/ Judy 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time | 2 11:00 Social Time 11-2 Peer to Peer Class 1 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time 6:00 Writing for Wellness | 3 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Trivia 2:00 Winning Against Relapse 3:00 Weekend Discussion | 4 |
| 5 | 6 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 Zoom DBSA | 7 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time 6:30 Family Support Group | 8 11:00 Social Time 12:00 Exercise ♥ 1:00 Art w/ Judy 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time | 9 11:00 Social Time 11-2 Peer to Peer Class 2 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time | 10 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 | 11 |
|  SPRING FORWARD | 12 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 Zoom DBSA | 14 9:30 am Staff meeting MOCA open at noon 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time | 15 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 | 16 10:00 SPC Meeting 11:00 Social Time 11-2 Peer to Peer Class 3 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time 6:00 Writing for Wellness | 17 St. Patrick's Day Party 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 * wear a green shirt! * | 18 |
| 19 | 20 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 Zoom DBSA | 21 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time | 22 11:00 Social Time 12:00 Wooster Hospital Dietician ♥ 1:00 Creative Writing 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time | 23 11:00 Social Time 11-2 Peer to Peer Class 4 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time 6:00 Board Meeting | 24 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Chat with a Cop 2:00 Winning Against Relapse 3:00 Weekend Discussion | 25 |
| 26 | 27 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 Zoom DBSA | 28 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time 5:30 PALS | 29 11:00 Social Time 12:00 Craft with Rachel 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time | 30 11:00 Social Time 11-2 Peer to Peer Class 5 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time | 31 Birthday Friday! 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Bingo 2:00 Winning Against Relapse 3:00 Weekend Discussion | |

April 2023 MOCA House Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|---|
| <p align="center">CALL THE VAN BETWEEN 8:00-9:00 am FOR PICK-UP AT 330-466-4765 * 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> | | | | | | 1 Pancake Breakfast 8:30-10:30  |
| 2 | 3 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 Zoom DBSA | 4 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time 6:30 Family Support Group | 5 11:00 Social Time 12:00 Nutrition Niblets ♥ 1:00 Art w/ Judy 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time | 6 11:00 Social Time 11-2 Peer to Peer Class 6 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time 6:00 Writing for Wellness | 7 Easter Party! 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 | 8 |
|  | 9 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Talk w/ Dr. Helmut 3:00 Social Time 5:00 Zoom DBSA | 11 9:30 am Staff meeting MOCA open at noon 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time | 12 11:00 Social Time 12:00 Exercise ♥ 1:00 Art 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time | 13 11:00 Social Time 11-2 Peer to Peer Class 7 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time | 14 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 | 15 |
|  | 16 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 Zoom DBSA | 18 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time | 19 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 | 20 10:00 SPC Meeting 11:00 Social Time 12:30 Yoga w/ Brooke ♥ 2:00 NAMI Connection 3:00 Social Time 6:00 Writing for Wellness | 21 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Trivia 2:00 Winning Against Relapse 3:00 Weekend Discussion | 22 |
| 23 | 24 11:00 Social Time 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Social Time 5:00 Zoom DBSA | 25 11:00 Social Time 12:00 Art w/ Connie 2:00 Men in Recovery 2:00 Women in Recovery 3:00 Social Time 5:30 PALS | 26 11:00 Social Time 12:00 Wooster Hospital Dietician ♥ 1:00 Creative Writing 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 3:00 Social Time | 27 11:00 Social Time 11-2 Peer to Peer Class 8 12:30 Art w/ Brooke 2:00 NAMI Connection 3:00 Social Time 6:00 Board Meeting | 28 Birthday Friday! 11:00 Social Time 11:30 Lunch on MOCA 12:30 Prayer & Spirituality 1:00 Bingo 2:00 Winning Against Relapse 3:00 Weekend Discussion | 29 |
| 30 | | | | | | |



Call Van for Transportation

Free transportation continues to be available to the MOCA House Recovery Program and back to your home. If you need of transportation, please call the MOCA van directly at 330-466-4765 between **8:00 and 9:00 am** on the day you would like to come to the program.

24/7 Suicide & Crisis Lifeline

911

Ask for a CIT trained officer

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

 Wayne and Holmes Counties

Expressing Appreciation to our Funding Providers:



REMINDER

MOCA House will open at 12:00pm on March 14th & April 11th.

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.

March-April 2023

Letter from the Director:

Spring is coming! Hopefully it includes warmer weather and more sunshine. We continue to stay busy with our programs, and want more people to know our services are here. Please help us share the word!

If you have some mental health symptoms, we invite you to our MOCA House Program where you can find others who truly understand. The schedule of activities for MOCA House is on the back of this newsletter. We are also here for families- contact us about our upcoming education series and our monthly support group. We continue to help people who have lost a loved one to suicide through the LOSS Team and the PALS Group. For local law enforcement and first responders, we offer education and support through the Crisis Intervention Team (CIT) training.

All of these services and more can be found on our (new and improved!) website: www.namiwayneholmes.org. You can also call or visit our office.

Please join us in promoting mental health awareness by registering friends and family for the Walk and 5K for Wellness. This is our largest event, to raise funds for our services and continue to meet mental health needs in our community. We can't do this good work without you!

With warm regards,

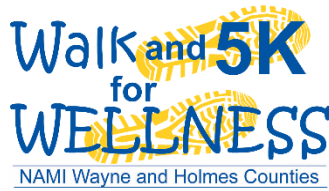
Jen Grim



Volunteer Appreciation Week

April 16-22 is volunteer appreciation week. We

appreciate our volunteers everyday of the year, but would like to take this time to give a great big **Thank You** to all our volunteers for all you do. We could not do everything we do without your excellent assistance!



May 6, 2023

2023 Honorary Chairs: Adam & Vikki Briggs



NAMI is glad to have Adam & Vikki Briggs join us as the 2023 Honorary Chairs for the Walk and 5K for Wellness.

Adam, a Wooster native, and his wife Vikki have been raising their three children in Wooster since 2010.

Adam and Vikki have shown their appreciation for the community and its strong history of impactful nonprofits by volunteering their time at many local organizations.

Like so many others, Adam & Vikki have seen the impact of mental illness and are so honored to be selected as the Honorary Chairs for the NAMI Walk and 5K for Wellness on May 6, 2023 at Secrest Arboretum.

You are invited to run or walk with them as they support NAMI's mission to provide friends, neighbors, and family members with hope, wellness, and recovery opportunities.

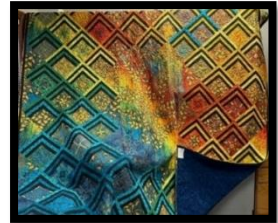
The Walk and 5K for Wellness will be in-person at Ohio State- Wooster Campus, starting at the Secrest Welcome and Education Center. We have options for 1- or 2-mile walking routes, as well as a 5K route. Timing for the 5K is provided by Vertical Runner, and cash prizes will be awarded to the fastest finishers. We still have the option to participate virtually if you choose.

Form a team with family and friends or participate as an individual. All funds raised stay local and support NAMI's free mental health recovery services. All who register by April 14 will get a free T-shirt. We also have opportunities to win contests, awards, and door prizes. For more info or to register: www.midohiorm.com and click on *Walk and 5K for Wellness*.



NAMI Quilt Raffle

Purchase tickets for this two-time blue-ribbon winning quilt, handmade and donated by Vicky Hartzler. The quilt is 98 1/2" x 98



1/2" and is King size. Tickets will be sold until the Walk and 5K for Wellness on May 6, 2023, when the drawing will take place; winner need not be present. Tickets are **\$1 for one, \$5 for six, or \$10 for fifteen.**

Pancake Breakfast



On Saturday April 1, from 8:30-10:30 a.m., come help the Mighty MOCAN team raise funds for the WALK & 5K for Wellness. The pancake breakfast

will be at NAMI at 2525 Back Orrville Rd, Wooster, and will include pancakes with syrup or strawberry syrup, sausage, orange juice, coffee, and apple sauce. Your donations will be gratefully accepted.

Pizza Sales Successful!

Thanks to everyone who helped us have another successful pizza fundraiser. We are always grateful for your continued support of our mission in all our fundraising efforts!

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

