

January 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NAMI/MOCA House CLOSED Happy New Year!	2 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 YMCA ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	3 1:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 1:00 Peer Supporters Meeting	4 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *BINGO*	5
6 6:00 pm Warriors' Journey Home, 150 E North St	7 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	8 MOCA HOUSE OPENS @ 12 12:00 Games & Social Time 1:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery	9 11:00 Games & Social Time 12:00 Moving/ exercising ♥ 1:00 Social Time 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	10 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 5:30-7:00 Writing for Wellness	11 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *Air Hockey*	12 Family to Family Class 1 9:00-11:30AM
13	14 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	15 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Walmart trip 2:00 Women in Recovery 2:00 Men in Recovery	16 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 YMCA ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	17 11:00 Games & Social Time 12:00 Creative Art w/ Connie 2:00 NAMI Connections 2:00 Sewing with Cherrill 10:00 SPC 5:30-7:00 Writing for Wellness	18 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 1:30 Chat with a Cop 3:00 Weekend Discussion *Cornhole*	19 Family to Family Class 2 9:00-11:30AM
20 6:00 pm Warriors' Journey Home, 150 E North St	21 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	22 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Goodwill Trip 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group	23 11:00 Games & Social Time 12:00 Moving/ exercising ♥ 1:00 Social Time 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	24 11:00 Games & Social Time 12:00 Creative Art w/ Connie 2:00 NAMI Connections 2:00 Sewing with Cherrill	25 Birthday Friday 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion PEER of the Month 6-8 pm Robert Burns Coffee House	26 Family to Family Class 3 9:00-11:30AM
27	28 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	29 11:00 Games & Social Time 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery	30 11:00 Games & Social Time 12:00 YMCA ♥ 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	31 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:30-8 NAMI Board Meeting	<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	

February 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Free transportation available. Call the MOCA van 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 the activities. *Questions or comments? Call 330-264-1590 or visit our website at www.namiwaynehomes.org					1 SUPER BOWL PARTY! 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion Pizza pickup/delivery 11-4pm	2 Family to Family Class 4 9:00-11:30AM
3 6:00 pm Warriors' Journey Home, 150 E North St	4 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	5 MOCA HOUSE OPENS @12 12:00 Games & Social Time 1:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery 6:30-8 Family Support Group	6 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Moving/ exercising ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	7 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill	8 Valentine's Day Party! 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *Karaoke & Mini Golf*	9 Family to Family Class 5 9:00-11:30AM
10	11 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	12 11:00 Games & Social Time 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery	13 11:00 Games & Social Time 12:00 YMCA ♥ 1:00 Crafts with Tom 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	14 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 5:30-7:00 Writing for Wellness	15 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *Cornhole*	16 Family to Family Class 6 9:00-11:30AM
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24	25 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	26 11:00 Games & Social Time 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group	27 11:00 Games & Social Time 12:00 YMCA ♥ 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	28 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:30-8 NAMI Board Meeting	Social time, games and crafts are available Monday through Friday, 11:00 a.m. to 4:00 p.m. everyone is encouraged to participate in the activities.	

Current news for MOCA House participants and friends. MOCA House, a program of NAMI Wayne and Holmes Counties, is a safe, accepting place for individuals with mental health issues to socialize and work toward their recovery.



REMINDERS

MOCA Program will be closed on Monday, January 1st for the New Year's Day holiday.

Remember we will open at 12:00 noon on Tuesday, January 8th & Tuesday, February 5th to allow for staff meeting.



Winter Weather Closings

A reminder that during the winter months, the NAMI office and MOCA House Program may be closed due to weather. Our weather policy is as follows:

- All NAMI programming, including the MOCA House Program will be cancelled when there is a Level 2 or 3 advisory in Wayne County.
- If there is a Level 2 or 3 in Holmes County and NOT in Wayne County, the MOCA House Program and NAMI office may remain open, but there will be no van transportation into Holmes County.
- Visit our Facebook pages for updated information on closings.
- Once the program and offices have been open, staff will decide if the program and facility will close early due to weather conditions.

Please listen to WQKT (Wooster) and WKLM (Millersburg) or visit their website for any information about closings.



Women's Group Topics

Each Tuesday at 2:00, we have a 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. 8- Self Care
- Jan. 15- Grounding Techniques
- Jan. 22- Assertive Communication
- Jan. 29- When is Anger an Issue
- Feb. 5- Stress Management
- Feb. 12- Core Beliefs
- Feb. 19- Challenging Anxious Thoughts
- Feb. 26- Goal Breakdown

Stop in to check on topics for the Men's Recovery Group which takes place at the same time.

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

Robert Burns Coffeehouse



Join us for an open mic night annual celebration of Scottish poet, Robert Burns. The event is sponsored by our Writing for Wellness group and will take place Friday, January 25th from 6:00-8:00 pm.

Craft with Tom



We are having a valentine craft led by our very own van driver, Tom. It will take place on Wednesday, February 13th at 1:00 pm.

Super Bowl Weekend Pizza Sales



Once again we are taking orders for those delicious pizzas we make 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 16th.** The pizzas can be picked up at the NAMI office on from 11-4 on Friday (2/1) or we can deliver (for 10 or more pizzas). These pizzas freeze well, so don't be afraid to order extras. You can call the office at 330-264-1590 with questions.

Family-to-Family Education Program

The Family to Family program is a free **12-week** course for families and friends of adult persons with a serious mental illness. It is taught by trained family members who have lived this experience. All course materials are furnished to you at no cost, but registration is required.

Classes run from 9:00-11:30 A.M. and begin Saturday, January 12. The classes will take place at the NAMI Wayne and Holmes Counties office, located at 2525 Back Orrville Rd, Wooster.

Please call 330-264-1590 or email dross@namiwayneholmes.org to register or to get more information.



Super Bowl Party

We will be having a Super Bowl Party on Friday, February 2nd at the MOCA House Program. Wear your favorite football team jersey and bring a side dish to share!

Stay connected with us: "Like" NAMI Wayne and Holmes Counties and MOCA House Program on Facebook!

