



# March 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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					1 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *BINGO*	2 Family to Family Class 7 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 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Goodwill Trip 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 YMCA ♥ 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 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *Air Hockey*	9 Family to Family Class 8 9:00-11:30AM
10  Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday.	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 Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery	13 11:00 Games & Social Time 12:00 Art with Candace 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	14 11:00 Games & Social Time 12:00 Creative Art w/ Connie 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:10-7:00 Writing for Wellness	15 St. Patrick's Day Party 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:30 Chat with a Cop 3:00 Weekend Discussion *Cornhole* 6:00-8:00 St. Patty's Day Open Mic	16 Family to Family Class 9 9:00-11:30AM
17 6:00 pm Warriors' Journey Home, 150 E North St	18 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	19 11:00 Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery	20 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 YMCA ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	21 11:00 Games & Social Time 12:00 Creative Art w/ Connie 2:00 NAMI Connections 2:00 Sewing with Cherrill 10:00 SPC 6:10-7:00 Writing for Wellness	22 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *Karaoke & Mini Golf*	23 Family to Family Class 10 9:00-11:30AM
24 31	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 Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group	27 11:00 Games & Social Time 12:00 A.L.I.C.E. Training 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	29 Birthday Friday 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion PEER of the Month	30 Family to Family Class 11 9:00-11:30AM

# April 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 1:00 WRAP Class 2:30 NAMI Connections 5-6 pm DBSA Support Group	2 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	3 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Moving/ exercising ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	4 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 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion *Air Hockey*	6 Family to Family Class 12 9:00-11:30AM
7 6:00 pm Warriors' Journey Home, 150 E North St	8 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 1:00 WRAP Class 2:30 NAMI Connections 5-6 pm DBSA Support Group	9 11:00 Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery	10 11:00 Games & Social Time 12:00 Art with Candace 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	11 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:10-7:00 Writing for Wellness	12 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 1:00 Yoga with Brooke 3:00 Weekend Discussion *Karaoke & Mini Golf*	13
14	15 11:00 Games & Social Time 12:00 YMCA ♥ 1:00 Art with Beth 1:00 WRAP Class 2:30 NAMI Connections 5-6 pm DBSA Support Group	16 11:00 Social Time 12:00 DBSA Support Group 1:00 Crafts with Tom 2:00 Women in Recovery 2:00 Men in Recovery	17 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Moving/ exercising ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	18 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 10:00 SPC 6:10-7:00 Writing for Wellness	19 Easter Party! Bring a share dish to share! 11:30 Lunch 12:30 Spirituality/Prayer 3:00 Weekend Discussion	20
21 Happy Easter! 	22 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 1:00 WRAP Class 2:30 NAMI Connections 5-6 pm DBSA Support Group	23 11:00 Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group	24 11:00 Games & Social Time 12:00 Art with Candace 1:00 YMCA ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	25 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	26 Birthday Friday 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 1:00 Yoga with Brooke 3:00 Weekend Discussion *BINGO* PEER of the Month	27 MOCAN team fundraising Pancake breakfast for Walk for Wellness 8:30-10:30AM
28	29 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 1:00 WRAP Class 2:30 NAMI Connections 5-6 pm DBSA Support Group	30 11:00 Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery	*Free transportation available to and from MOCA. Call the 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 <a href="http://www.namiwayneholmes.org">www.namiwayneholmes.org</a>			

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\*\*\*

**Remember we will open at 12:00 noon on Tuesday, April 2<sup>nd</sup> to allow for staff meeting.**

### Wellness Recovery Action Plan Workshop (WRAP)

The WRAP workshop is a 6 week recovery program, led by trained peers, for people with mental health issues. Participants are taught how to list their personal resources to develop their own action plans to use in specific situations; and as a result, develop their own coping skills. This is a self-designed plan for staying well. Learn self-awareness and crisis planning. Help increase personal responsibility and control over your own life. Classes will start on Monday April 1<sup>st</sup> at 1:00 pm. **Space is limited and sign up is required.**

### Time Change

Remember to turn your clocks ahead one hour on Sunday March 10.



### St. Patty's Day Celebration

We will be having a St Patrick's day celebration on Friday March 15. Wear your GREEN and come join us!

### A.L.I.C.E. Training

Alert. Lockdown. Inform. Counter. Evacuate. Training will take place on Wednesday March 27 from 12-2 pm. All MOCAN's are encouraged to attend. This training will help us learn to stay safe.

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



### "WALK for Wellness"



The annual WALK for Wellness Fundraiser will take place Saturday, May 18th at Secret Arboretum. Check in begins at 8:30 am and the Walk starts at 9:00 am. Dress for the weather – we will walk rain or shine.



### NAMI Quilt Raffle for Walk For Wellness

Raffle tickets are for sale for the beautiful quilt which has been made and donated to NAMI Walk for Wellness by Vicky Hartzler. It measures 80" x 81". Tickets will continue to be sold until the Walk for Wellness on May 18, 2019 when we will draw for the lucky winner. Tickets are \$1 a piece or \$5 for six. Stop in to purchase tickets!

### 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**

### St. Patty's Day CoffeeHouse

The coffeehouse, will feature coffee and an open mic. Come share readings, music, comedy, and traditional Irish tales. Join us on **Friday March 15, 6-8 pm.**



### Pancake Breakfast

The Mighty MOCAN's are having a pancake breakfast to raise funds for the WALK for Wellness. It will take place on Saturday April 27, from 8:30-10:30 am at the NAMI offices at 2525 Back Orrville Rd, Wooster. Donations will be gratefully accepted.

### Writing for Wellness



Take note of the time change in the meeting time for the coming months. This group meets the **2<sup>nd</sup> and 3<sup>rd</sup> Thursday** evening of the month from **6:10-7 pm.**

### Easter Celebration

Our Easter celebration will be on Friday, April 19<sup>th</sup>. NAMI will provide ham for the meal. Please bring a side dish to share.



### Peer of the Month

Starting in January 2019, we have been recognizing one of our Peers monthly. All MOCANs are encouraged to nominate the peer they feel has done something that has helped out them or someone else. January Peer of the Month was Bill C. for all the work he does in supporting other MOCANs in their recovery, and February was Eric Z. for all the extra help he provides around MOCA House even without being asked. Congratulations to you both!

### Pizza Sales Successful



Thanks to all of the individuals and businesses who ordered pizzas from us for Super Bowl weekend, our annual Pizza Sale was a success. Special thanks to Clara Stutzman for purchasing pizzas for a Friday lunch for the MOCA House participants. That is always a treat.