





# May 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DBSA = Depression Bipolar Support Alliance</b> <b>NAMI Connection = Peer support group</b> <b>WRAP = Wellness Recovery Action Plan</b> <b>PALS = People Affected by a Loved one's Suicide</b> <b>♥ = Health &amp; Wellness Program activities</b>			<b>1</b> 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Walking Club ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>2</b> 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill	<b>3</b> 11:30 Cookout @ MOCA 12:30 Spirituality/Prayer 1:00 Drumming with Dave 1:00 Winning Against Relapse 3:00 Weekend Discussion <b>*BINGO*</b>	<b>4</b>
<b>5</b> 6:00 pm Warriors' Journey Home, 150 E North St	<b>6</b> 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	<b>7</b> <b>MOCA HOUSE OPENS @12</b> 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	<b>8</b> 11:00 Games & Social Time 1:00 Walking Club ♥ 1:30 Woo Hospital Dietician ♥ 2:00 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>9 Canton Art Museum Trip</b> <b>MOCA HOUSE OPENS @10:00</b> 10:00 Games & Social Time 12:00 Creative Art w/ Connie 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:00-7:00 Writing for Wellness	<b>10</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion <b>*Air Hockey*</b>	<b>11</b>
<b>12</b>	<b>13</b> 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	<b>14</b> 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery	<b>15</b> 11:00 Games & Social Time 1:00 Walking Club ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>16</b> 11:00 Games & Social Time 12:00 Creative Art w/ Connie 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:00-7:00 Writing for Wellness	<b>17</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion <b>*Cornhole*</b>	<b>18</b> <b>WALK FOR WELLNESS</b> <b>9:00 am</b> 
<b>19</b> 6:00 pm Warriors' Journey Home, 150 E North St	<b>20</b> 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	<b>21</b> 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Moving/ Exercise ♥ 2:00 Women in Recovery 2:00 Men in Recovery	<b>22</b> 11:00 Games & Social Time 12:00 Walking Club ♥ 1:00 BEST Kind of Help book signing 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>23</b> 11:00 Games & Social Time 12:00 Creative Art w/ Connie 2:00 NAMI Connections 2:00 Sewing with Cherrill 10:00 SPC 6:30-8 NAMI Board Meeting	<b>24 Memorial Day Cook Out!</b>  Bring a dish to Share! 12:30 Spirituality/Prayer 1:00 Games	<b>25</b>
<b>26</b>	<b>27</b> <b>NAMI/ MOCA HOUSE CLOSED</b> 	<b>28</b> 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Walking at Secrest ♥ 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group	<b>29</b> 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Art with Candace 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>30</b> 11:00 Games & Social Time 12:00 Creative Art w/ Connie 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill	<b>31 B-day Friday / PEER of the Month</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion <b>UNITED WAY to VISIT for Lunch</b>	

# June 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
<b>2</b> 6:00 pm Warriors' Journey Home, 150 E North St	<b>3</b> 11:00 Games & Social Time 12:00 Walking/fishing ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	<b>4 *NO TRANSPORTATION*</b> <b>MOCA HOUSE OPENS @12</b> 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	<b>5</b> 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Walking Club ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>6</b> <b>MOCA HOUSE OPENS @10:45</b> 11:00 Games & Social Time 12:00 Exercise ♥ 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill	<b>7</b> Picnic at the Fowler's! 11-4 	<b>8</b>
<b>9</b>	<b>10</b> 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	<b>11</b> 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Walking at Secrest ♥ 2:00 Women in Recovery 2:00 Men in Recovery	<b>12</b> 11:00 Games & Social Time 12:00 Walking Club ♥ 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>13</b> <b>MOCA HOUSE OPENS @10:45</b> 11:00 Games & Social Time 12:00 Exercise ♥ 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:00-7:00 Writing for Wellness	<b>14</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 1:00 Yoga with Brooke 3:00 Weekend Discussion <b>*Karaoke &amp; Mini Golf*</b>	<b>15</b>
<b>16</b> 6:00 pm Warriors' Journey Home, 150 E North St	<b>17</b> 11:00 Games & Social Time 12:00 Walking/fishing ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	<b>18</b> 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Walking Club ♥ 2:00 Women in Recovery 2:00 Men in Recovery	<b>19</b> 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Walking Club ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>20</b> <b>MOCA HOUSE OPENS @10:45</b> 11:00 Games & Social Time 12:00 Exercise ♥ 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 10:00 SPC 6:00-7:00 Writing for Wellness	<b>21</b> <b>1st day of summer</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion <b>*Cornhole*</b>	<b>22</b>
<b>23</b>	<b>24</b> 11:00 Games & Social Time 12:00 Walking/fishing ♥ 1:00 Art with Beth 2:30 NAMI Connections 5-6 pm DBSA Support Group	<b>25</b> 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Walking at Secrest ♥ 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group	<b>26</b> 11:00 Games & Social Time 12:00 Art with Candace 1:00 Walking Club ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	<b>27</b> <b>MOCA HOUSE OPENS @10:45</b> 11:00 Games & Social Time 12:00 Exercise ♥ 1:00 Skill Development 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:30-8 NAMI Board Meeting	<b>28 B-day Friday / PEER of the Month</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 1:00 Yoga with Brooke 3:00 Weekend Discussion <b>*BINGO*</b>	<b>29</b>
<b>30</b>	<b>*Free transportation available to and from MOCA program. Call the van at 330-466-4765.</b> <b>*Social time, games, and crafts are available Monday - Friday, 11:00 a.m. to 4:00 p.m.</b> <b>* Everyone is encouraged to participate in the activities.</b> <b>*Questions or comments? Call 330-264-1590 or visit our website at <a href="http://www.namiwaynehomes.org">www.namiwaynehomes.org</a></b>					

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\*\*\*

We will open at **12:00 noon** on **Tuesday, May 7<sup>th</sup>** to allow for staff meeting.



**MEMORIAL DAY**  
★ ★ ★ ★ ★ ★ ★ ★  
REMEMBER AND HONOR

**MOCA House and NAMI offices will be closed in observance of Memorial Day on Monday May 27, 2019.**



### WALK for Wellness Steps Off May 18<sup>th</sup>

The 12<sup>th</sup> WALK for Wellness Fundraiser will take place at Secrest Arboretum again this year. 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! We're now collecting donations at MOCA House so you can beat the rush of Walk day. Join the *Mighty MOCANS* team and walk with your friends to raise money for MOCA House and other NAMI programs.

Our 2019 Honorary Chairs, Greg & Kathy Long, will attend, along with other community members who will walk to support NAMI programs. We hope to see you there.

Van transportation is available for the WALK. Please add your name to the sign-up sheet at MOCA if you need van transportation on the day of the WALK.



### We are so Grateful!

Thank you so much for all your support for our Pancake Breakfast! It was a wonderful morning and our Mighty MOCAN Team was able to raise money for the WALK for Wellness.



### May is Mental Health Awareness Month

Check out our Facebook page each day this month for a fact, statistic or reminder of Mental Health awareness. As another symbol of support, wear green this month!

### 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**

### Changes in Van Schedule

**On Tuesday June 4<sup>th</sup> MOCA will be open 12:00 noon but there will be no van transportation.**

**On all Thursdays in June the van will be running a half hour early and MOCA House will open at 10:45 am to accommodate a cooking class off campus.**



### Canton Art Museum Trip

We will be taking a trip to the Canton Art Museum on Thursday, May 9<sup>th</sup>. MOCA House Program will open at 10:00 am that day and morning transportation will run early. We will leave from MOCA at 10:00 am and return by 3:30 pm. The van is full for this trip, if you would like to go and drive you are welcome. You will need to pay \$1.00 and pack a lunch if you are going on this trip.



**Mark Your Calendar**

**Please join us!**

Please join us on **May 8, 2019 at 9am at the Wayne County Commissioner's Office at 428 W. Liberty St, Wooster for the proclamation of May as Mental Health Month.**

### Picnic at the Fowler's

The Fowler's have invited us to their home for a fun-filled day on June 7th. We will have a picnic and enjoy our day outside together. Please sign up if you are interested in attending. Van transportation will be available, but only if you sign up.



### 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. March Peer of the Month was Jen H. for all the work she does in supporting other MOCANS in their recovery and facilitating groups, she is a friend to everyone and always willing to help. April's peer of the month was Deb B. for all the extra help she provides around MOCA House even without being asked and facilitating groups. Congratulations to you both!



### The BeST Kind of Help: Tools and Tips for Schizophrenia Recovery

Please join us for a book signing and presentation by Best Practices in Schizophrenia Treatment (BeST) Center of Northeast Ohio Medical University Consumer Advisory Group Members. **Wednesday, May 22, 2019 at 1 p.m.** Free copies of the publication will be distributed and signed by the authors.

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

