



# September 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:00 pm Warriors' Journey Home, 150 E North St	2  <b>NO PROGRAMMING</b>	3 <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	4 11:00 Games & Social Time 12:00 Walking Club Downtown ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	5 11:00 Games & Social Time 12:00 Trip to Art of Hope Exhibit 2:00 NAMI Connections 2:00 Sewing with Cherrill	6 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Yoga with Lyn ♥ 1:00 Drumming Circle w/ David 3:00 Weekend Discussion <b>*BINGO*</b>	7
8	9 11:00 Games & Social Time 12:00 Walking Clug ♥ 1:00 Art with Darci 2:30 NAMI Connections 5-6 pm DBSA Support Group	10  <b>Akron Zoo Trip</b> <b>NO PROGRAMMING</b>	11 11:00 Games & Social Time 1:00 Trip to Art of Hope Exhibit 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	12 11:00 Games & Social Time 12:00 Cooking Class ♥ 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:00-7:00 Writing for Wellness	13 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 1:00 Yoga with Brooke ♥ 3:00 Weekend Discussion <b>*Air Hockey*</b>	14
15 6:00 pm Warriors' Journey Home, 150 E North St	16 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Darci 2:30 NAMI Connections 5-6 pm DBSA Support Group	17 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Fishing / Walking ♥ 2:00 Women in Recovery 2:00 Men in Recovery	18 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	19 11:00 Games & Social Time 12:00 Cooking Class ♥ 2:00 NAMI Connections 2:00 Sewing with Cherrill 10:00 SPC 6:00-7:00 Writing for Wellness 6:30-8 NAMI Board Meeting	20 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Drumming Circle w/ David 3:00 Weekend Discussion <b>*Cornhole*</b>	21
22	23 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Darci 2:30 NAMI Connections 5-6 pm DBSA Support Group	24 11:00 Games & Social Time 12:00 DBSA Support Group 1:00 Walking ♥ 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group	25 11:00 Games & Social Time 12:00 Lehman Hardware Trip 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	26 11:00 Games & Social Time 12:00 Cooking Class ♥ 2:00 NAMI Connections 2:00 Sewing with Cherrill	27 <b>Picnic and Hay Ride at the Fowler House</b> <b>NO PROGRAMMING</b>	28
29	30 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Darci 2:30 NAMI Connections 5-6 pm DBSA Support Group	*Free transportation available to and from MOCA program. 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>				

# October 2019 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <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	2 11:00 Games & Social Time 12:00 Nutrition Niblets ♥ 1:00 Apple/Pumpkin picking trip 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	3 11:00 Games & Social Time 12:00 Art with Connie 1-3:00 WRAP class #1 2:00 NAMI Connections 2:00 Sewing with Cherrill	4 <b>Soft Pretzel Pick up 2-4 pm</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Drumming Circle w/ David 1:30 Yoga with Brooke ♥ 3:00 Weekend Discussion <b>*Air Hockey*</b>	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 Darci 2:30 NAMI Connections 5-6 pm DBSA Support Group	8 11:00 Games & Social Time 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery	9 11:00 Games & Social Time 1:00 YMCA ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	10 11:00 Games & Social Time 12:00 Art with Connie 1-3:00 WRAP class #2 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:00-7:00 Writing for Wellness	11 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Yoga with Lyn ♥ 1:30 Chat with a Cop 3:00 Weekend Discussion <b>*Bingo*</b>	12
13	14 <b>Recovery Conference MOCA closed/ NAMI OPEN</b> <b>*NO evening DBSA Support Group*</b>	15 <b>Recovery Conference MOCA closed/ NAMI OPEN</b> <b>**Peer Support Day**</b>	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 Art with Connie 1-3:00 WRAP class #3 2:00 NAMI Connections 2:00 Sewing with Cherrill 10:00 SPC 6:00-7:00 Writing for Wellness	18 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Yoga with Brooke ♥ 1:00 Drumming Circle w/ David 3:00 Weekend Discussion <b>*Karaoke &amp; Mini Golf*</b>	19
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 Darci 2:30 NAMI Connections 5-6 pm DBSA Support Group	22 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	23 11:00 Games & Social Time 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	24 11:00 Games & Social Time 12:00 Art with Connie 1-3:00 WRAP class #4 2:00 NAMI Connections 2:00 Sewing with Cherrill 6:30-8 NAMI Board Meeting	25 <b>Fall Fest Party Pumpkin Decorating!</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Yoga with Lyn ♥ 1:00 Winning Against Relapse 3:00 Weekend Discussion <b>*Cornhole*</b>	26
27 Peer Support Training Oct. 28-Nov.1	28 <b>MOCA HOUSE OPENS @12</b> 11:00 Games & Social Time 12:00 Silver Sneakers ♥ 1:00 Art with Darci 2:30 NAMI Connections 5-6 pm DBSA Support Group	29 <b>MOCA HOUSE OPENS @12</b> 11:00 Games & Social Time 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery	30 <b>MOCA HOUSE OPENS @12</b> 11:00 Games & Social Time 12:00 Moving/Exercise ♥ 2:30 Recovery Work Group 2:30 Schizophrenia/Affective Disorder Group	31 <b>MOCA closed / NAMI Offices Open</b>	DBSA = Depression Bipolar Support Alliance NAMI Connection = Peer support group WRAP = Wellness Recovery Action Plan PALS = People Affected by a Loved one's Suicide ♥ = Health & Wellness Program 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\*\*\*

We will open at **12:00 noon** on **Tuesday, September 3<sup>rd</sup>** and **Tuesday October 1<sup>st</sup>** to allow for staff meeting.



**MOCA House and NAMI offices will**

**be closed in observance of Labor Day on Monday September 2<sup>nd</sup>, 2019.**

**There will be NO PROGRAMMING on Tuesday September 10 due to zoo trip; Monday, October 14<sup>th</sup> and Tuesday, October 15<sup>th</sup> due to the Recovery Conference, and Thursday October 31<sup>st</sup> for CIT training.**

### 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, September 14<sup>th</sup>. 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@namipayneholmes.org](mailto:dross@namipayneholmes.org) to register or to get more information.

### Fall Fest Celebration



Please join us for our Fall Fest Celebration on October 25, 2019. Lunch will be served between 11:30 am – 12 pm. There will be pumpkin decorating and fun for all.

### Picnic and Hay Ride at the Fowler's

The Fowler's have invited us to their home for a fun-filled afternoon. We will have a picnic and hay ride around the farm. Please sign up if you are interested in attending. Van transportation will be available if you sign up. The picnic and hay ride will take place on Friday, September 27<sup>th</sup>.

### Creative Art with Connie



Creative Art with Connie, will return October 3<sup>rd</sup>. The class will be held each Thursday at noon. Connie teaches watercolor painting. You could be a beginner or a pro—everyone has fun in this class!

### 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**

### Peer of the Month



July Peer of the Month was Tim L. because he is always willing to help when asked. August peer of the month will be announced in the next edition of the Gazette. Congratulations!

**Please note the 12:00 opening time October 28-Nov. 1.**

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



### Soft Pretzel Sales



Delicious, fresh, specially-prepared soft pretzels to benefit MOCA House. Sales will be limited so order early! Suggested donation is \$3 a pretzel or 7 for \$20. Stop in between 11-4 Monday-Friday to order yours. Pretzel pick up will be from 2-4 pm on Friday Oct. 4<sup>th</sup>.

### Mental Illness Awareness Week



Mental Illness Awareness Week is the first week in October (October 6-12). Join NAMI in shining a light on mental illness. *Wear green this week to spread awareness!*

### W.R.A.P. Workshop

Wellness Recovery Action Plan Workshop (WRAP) is a six week recovery program, led by trained peers, for people with mental health challenges. 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. *Join us to learn new coping skills and develop your own personal wellness strategies.*

Classes will take place on Thursdays starting October 3 from 1-3:00 pm. Sign up at MOCA House or call 330-264-1590 to register. Space is limited.

### Recovery Conference

Register now for the Ohio Recovery Conference in Columbus, OH on October 14<sup>th</sup> and 15<sup>th</sup>. Register at [https://www.oacbha.org/ohios\\_2019\\_recovery\\_conference.php](https://www.oacbha.org/ohios_2019_recovery_conference.php)

### All Souls All Saints Coffeehouse

The writing for Wellness group will host a gathering on Friday November 1, 2019 from 6-8 pm in celebration of All Hallows Eve. Everyone is welcome!