




# July 2017 MOCA House Calendar

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY |
|---|--|--|---|--|---|----------|
| <b>Free transportation available. Call the MOCA van at 330-466-4765.</b><br><i>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.</i> |  |  |   |  |   | 1        |
| <b>2</b><br>6:00 pm<br><b>Warriors' Journey Home</b>  | <b>3</b><br><b>NO PROGRAMMING</b><br>                             | <b>4</b><br><b>NO PROGRAMMING</b><br><br><b>HAPPY INDEPENDENCE DAY!</b> | <b>5</b><br>12:00 Nutrition Niblets ♥<br>1:00 Exercise Class w/Casie ♥<br>3:00 Recovery Work Group  | <b>6</b><br>12:00 Art w/Sherry<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill  | <b>7 Pretzel Sale!</b><br>11:30 Lunch on MOCA<br>12:30 Spirituality/Prayer<br>1:00 Winning Against Relapse<br>3:00 Weekend Discussion                                 | 8        |
| 9   | <b>10</b><br>1:00 Fishing<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b>   | <b>11 MOCA HOUSE OPENS @ 12</b><br>12:00 DBSA Support Group<br>1:00 Sculpting w/Melissa<br>2:00 Women in Recovery<br>2:00 Men in Recovery                | <b>12</b><br>12:00 Exercise Class w/Casie ♥<br>1:00 Woo Hospital Dietician ♥<br>3:00 Recovery Work Group  | <b>13</b><br>12:00 Art w/Sherry<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill<br><b>4:00-5 SPC Meeting</b><br><b>5:30-7:30 Writing for Wellness</b> | <b>14</b><br>11:30 Lunch on MOCA<br>12:30 Spirituality/Prayer<br>1:00 Gilcrest Transportation Presentation<br>1:00 Winning Against Relapse<br>3:00 Weekend Discussion | 15       |
| <b>16</b><br>6:00 pm<br><b>Warriors' Journey Home</b>   | <b>17</b><br>1:00 Fishing<br>1:00 Painting w/Melissa<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b>              | <b>18</b><br>12:00 DBSA Support Group<br>1:00 Sculpting<br>2:00 Women in Recovery<br>2:00 Men in Recovery  | <b>19</b><br>12:00 Nutrition Niblets ♥<br>1:00 Exercise Class w/Casie ♥<br>3:00 Recovery Work Group   | <b>20</b><br>12:00 Fishing<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill<br><b>5:30-7:30 Writing for Wellness</b>                                   | <b>21 Cookout at the Fowler's</b><br><br><b>NO PROGRAMMING</b>  | 22       |
| 23  | <b>24</b><br>1:00 Fishing<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b>   | <b>25</b><br>12:00 DBSA Support Group<br>1:00 Sculpting w/Melissa<br>2:00 Women in Recovery<br>2:00 Men in Recovery<br><b>5:30-7 PALS Support Group</b>  | <b>26 Akron Rubber Ducks Game (leave at 10:30 am)</b><br><br>12:00 Exercise Class w/Casie ♥<br>1:00 Fishing or Crafts<br>3:00 Recovery Work Group | <b>27</b><br>12:00 Art w/Sherry<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill<br><b>6:30-8 NAMI Board Meeting</b>                                   | <b>28 * Birthday Friday *</b><br>11:30 Lunch on MOCA<br>12:30 Spirituality/Prayer<br>1:00 Winning Against Relapse<br>3:00 Weekend Discussion                          | 29       |
| 30  | <b>31</b><br>12:00 Exercise w/Shari<br>1:00 Painting with Melissa<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b> |  |   |  |   |          |

# August 2017 MOCA House Calendar

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY |
|---|--|--|---|--|---|----------|
| <b>DBSA = Depression Bipolar Support Alliance</b><br><b>NAMI Connection = Peer support group</b><br><b>WRAP = Wellness Recovery Action Plan</b><br><b>PALS = People Affected by a Loved one's Suicide</b><br>♥ = Health & Wellness Program activities |  |  |   |  |   |          |
|   |  | <b>1 MOCA HOUSE OPENS @ 12</b><br>12:00 DBSA Support Group<br>1:00 Sculpting w/Melissa<br>2:00 Women in Recovery<br>2:00 Men in Recovery<br><b>6:30-8 Family Support Group</b> | <b>2</b><br>12:00 Nutrition Niblets ♥<br>1:00 Exercise Class w/Casie ♥<br>3:00 Recovery Work Group  | <b>3</b><br>12:00 Fishing<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill   | <b>4 Anniversary Party Cookout!</b><br><br><b>Games, Food, and Fun ☺</b>         | 5        |
| <b>6</b><br>6:00 pm<br><b>Warriors' Journey Home</b>  | <b>7</b><br>12:00 Exercise w/Shari ♥<br>1:00 Painting w/Melissa<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b> | <b>8</b><br>12:00 DBSA Support Group<br>2:00 Women in Recovery<br>2:00 Men in Recovery   | <b>9</b><br>12:00 Exercise Class w/Casie ♥<br>1:00 Talk w/Dr. Helmuth ♥<br>Topic: Schizophrenia/Psychotic Disorders<br>3:00 Recovery Work Group | <b>10</b><br>12:00 Art w/Sherry<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill<br><b>4:00-5 SPC Meeting</b><br><b>5:30-7:30 Writing for Wellness</b> | <b>11</b><br>11:30 Lunch on MOCA<br>12:30 Spirituality/Prayer<br>1:00 Gilcrest Transportation Presentation<br>1:00 Winning Against Relapse<br>3:00 Weekend Discussion | 12       |
| 13  | <b>14</b><br>1:00 Fishing<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b>                                       | <b>15</b><br>12:00 DBSA Support Group<br>1:00 Sculpting w/Melissa<br>2:00 Women in Recovery<br>2:00 Men in Recovery  | <b>16</b><br>12:00 Nutrition Niblets ♥<br>1:00 Wooster Hospital Dietician ♥<br>3:00 Recovery Work Group   | <b>17</b><br>12:00 Art w/Sherry<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill<br><b>5:30-7:30 Writing for Wellness</b>                              | <b>18</b><br>11:30 Lunch on MOCA<br>12:30 Spirituality/Prayer<br>1:00 Winning Against Relapse<br>3:00 Weekend Discussion  | 19       |
| <b>20</b><br>6:00 pm<br><b>Warriors' Journey Home</b>   | <b>21</b><br>1:00 Exercise w/Shari ♥<br>1:00 Painting w/Melissa<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b> | <b>22</b><br>12:00 DBSA Support Group<br>1:00 Fishing<br>2:00 Women in Recovery<br>2:00 Men in Recovery<br><b>5:30-7 PALS Support Group</b>                                    | <b>23</b><br>12:00 Exercise Class w/Casie ♥<br>1:00 Fishing or Crafts<br>3:00 Recovery Work Group   | <b>24</b><br><b>NO PROGRAMMING</b><br><b>NAMI Annual Gathering at First Presbyterian Church</b><br><b>6:00 PM</b>  | <b>25 * Birthday Friday *</b><br>11:30 Lunch on MOCA<br>12:30 Spirituality/Prayer<br>1:00 Winning Against Relapse<br>3:00 Weekend Discussion                          | 26       |
| 27  | <b>28</b><br>1:00 Fishing<br>2:30 NAMI Connection<br>Stories with Andy<br><b>6-7 pm DBSA Support Group</b>                                       | <b>29</b><br>12:00 DBSA Support Group<br>1:00 Sculpting w/Melissa<br>2:00 Women in Recovery<br>2:00 Men in Recovery  | <b>30</b><br>12:00 Exercise Class w/Casie ♥<br><b>1:00 Moreland Fruit Farm</b><br>3:00 Recovery Work Group                                      | <b>31</b><br>12:00 Crafts<br>1:00 Skill Development<br>2:00 NAMI Connection<br>2:30 Sewing with Cherrill   | <b>Questions or comments?</b><br>Call 330-264-1590 or visit our website at <a href="http://www.namiwayneholmes.org">www.namiwayneholmes.org</a>                       |          |



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