

*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.*

## Walk for Wellness a Huge Success

Thank you to everyone who came out to support our WALK for Wellness. We were able to raise just over \$24,000. Thank you to our event sponsors, teams, and individual walkers for participating in our walk and supporting our event. These persons or companies are listed in the NAMI Happenings newsletter. We would also like to thank staff, volunteers, Board members, and MOCANS who assisted with set up and clean up for the WALK. We hope to see everyone next year!



### Wellness Wednesday: Talk with Dr. Helmuth

Wednesday, August 9<sup>th</sup> at 1:00 pm, Dr. Helmuth will be returning to talk about schizophrenia/psychotic disorders. Dr. Dennis Helmuth is a psychiatrist that practices in Wooster. This is a great opportunity to learn something new and ask any questions you have concerning mental health.

## Ohio Light Opera

The Ohio Light Opera has, once again, graciously allowed us to have tickets to some performances this summer. There are two performances in July to sign up for. Spaces are limited; please sign up for the show you would like to see so that we are able to secure your ticket.



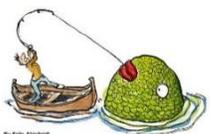
## Pretzel Sale

Friday, July 7<sup>th</sup> MOCA House will be making Clara's famous pretzels to sell for a fundraiser. We will sell to the surrounding agencies and all proceeds will go to the MOCA House Program.



## Fishing

There will be many fishing trips taking place in the months of July and August. Check out the calendar to see when we will be going. Someone kindly donated six brand new fishing poles and we are excited to put them to use!



### \*\*\*REMINDER\*\*\*

**The NAMI office and MOCA House Program will be closed Monday, July 3<sup>rd</sup> and Tuesday, July 4<sup>th</sup> in observance of Independence Day.**

**MOCA House Program will open at 12:00 noon on Tuesday, July 11<sup>th</sup> and Tuesday, August 1<sup>st</sup> to allow for a staff meeting.**



## Family Support Group

The Family Support Group is welcome to any adult family members who have a relative with a mental illness. Join families, just like yours, to gain insight, information, and understanding. One of the members, Jill Basinger, has written a short update on the group meetings:

"On Tuesday, May 2<sup>nd</sup> the group spent time sharing about what books and resources we each find helpful on our journeys with a family member diagnosed with a mental illness. We shared what big or small things on the journey have recently brought us joy. Though each of us has a different story and that mental illnesses affect our loved ones differently, we agreed that mental illnesses are disruptive to relationships and it is helpful to have a place to talk about our stories."

The Family Support Group meets the first Tuesday of each month from 6:30 pm to 8:00 pm at the MOCA House. As a reminder, there will be no meeting in July.

## WRAP Support Group: "Winning Against Relapse"

If you have completed the WRAP (Wellness Recovery Action Plan) Workshop, we have a weekly support group for you. The group meets on Fridays at 1:00 pm. "Winning Against

Relapse" is a book by WRAP developer Mary Ellen Copeland. This support group is designed to keep you moving with your individual plan and gain support along the way.

## July/August Outings and Activities

We have many fun trips and activities planned for July and August. Check the calendar to see what we will be doing these next couple of months. There will be a sign-up sheet for each outing and activity. Please make sure to sign up on the sign-up sheet if you are interested in anything. Sometimes there is limited space, so it is a first come, first serve basis.



## Anniversary Party Cook Out

Friday, August 4<sup>th</sup> the MOCA House Program will celebrate its 7<sup>th</sup> year of being in operation. We are going to cook out, play games, and have lots of fun. Bring a side dish to share.

## Evening Meetings for Depression Bipolar Support Alliance (DBSA) Group

The DBSA Support Group will continue to meet Monday nights from 6:00-7:00 pm. We will still have the DBSA Support Group on Tuesdays at noon. DBSA is specifically for people living with mood disorders. Join us for the group and share experiences, personal feelings, information, and strategies for living successfully with mood disorders.

## Call Van for Transportation

Free transportation continues to be available to the MOCA House Recovery Program and back to your home. If you are in need of transportation, please call the MOCA van directly at 330-466-4765 between 8:30 and 9:30 am on the day you would like to come to the program. We'd love to accommodate you!