

September 2017 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Free transportation available. Call the MOCA van at 330-466-4765.</p> <p>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.</p>					<p>1</p> <p>11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion</p>	<p>2</p>
<p>3</p>	<p>4</p> <p style="text-align: center;">Labor Day</p> <p style="text-align: center;">Closed</p>	<p>5</p> <p>12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery</p> <p>6:30-8 Family Support Group</p>	<p>6</p> <p>12:00 Nutrition Niblets ♥ 1:00 YMCA ♥ 2:30 Recovery Work Group</p> <p>6:00-7:30 Writing for Wellness</p>	<p>7</p> <p>12:00 Fishing 1:00 Skill Development 2:00 NAMI Connections 2:30 Sewing with Cherrill</p>	<p>8</p> <p>11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Weekend Discussion</p>	<p>9</p>
<p>10</p> <p>World Suicide Prevention Day Wear Purple!</p>	<p>11</p> <p style="text-align: center;">Recovery Conference</p> <p style="text-align: center;">NO PROGRAMMING</p>	<p>12</p> <p style="text-align: center;">Recovery Conference</p> <p style="text-align: center;">NO PROGRAMMING</p>	<p>13</p> <p>12:00 YMCA ♥ 1:00 Wii Bowling Tournament 2:30 Recovery Work Group</p>	<p>14</p> <p>12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill 4:00-5 SPC Meeting</p>	<p>15</p> <p>11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 Winning Against Relapse 3:00 Chat w/ Judy from MHRB</p>	<p>16</p>
<p>17</p> <p>6:00 pm Warriors' Journey Home</p>	<p>18</p> <p>12:00 Silver Sneakers ♥ 1:00 Art w/ Shari 2:30 NAMI Connections Stories with Andy 6-7 pm DBSA Support Group</p>	<p>19</p> <p>12:00 DBSA Support Group 1:00 Wilderness Center Trip 2:00 Women in Recovery 2:00 Men in Recovery</p>	<p>20</p> <p>12:00 Silver Sneakers ♥ 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group 6:00-7:30 Writing for Wellness</p>	<p>21</p> <p>12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connections 2:30 Sewing with Cherrill</p>	<p>22</p> <p style="text-align: center;">Picnic and Hay Ride at the Fowler House</p> <p style="text-align: center;">NO PROGRAMMING</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>12:00 Silver Sneakers ♥ 1:00 Art w/ Shari 2:30 NAMI Connections Stories with Andy 6-7 pm DBSA Support Group</p>	<p>26</p> <p>12:00 DBSA Support Group 1:00 Wal-Mart Trip 2:00 Women in Recovery 2:00 Men in Recovery</p> <p>5:30-7 PALS Support Group</p>	<p>27</p> <p>12:00 Silver Sneakers ♥ 1:00 Fishing 2:30 Recovery Work Group</p>	<p>28</p> <p>12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connections 2:30 Sewing with Cherrill 6:30-8 NAMI Board Meeting</p>	<p>29 * Birthday Friday *</p> <p>11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00-3 WRAP Workshop#1 3:00 Weekend Discussion</p>	<p>30</p>

October 2017 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>6:00 pm Warriors' Journey Home</p>	<p>2</p> <p>12:00 Silver Sneakers ♥ 1:00 Art w/ Shari 2:30 NAMI Connections Stories with Andy 6-7 pm DBSA Support Group</p>	<p>3 MOCA HOUSE OPENS @ 12</p> <p>12:00 DBSA Support Group 1:00 Fishing 2:00 Women in Recovery 2:00 Men in Recovery 6:30-8 Family Support Group</p>	<p>4</p> <p>12:00 Nutrition Niblets ♥ 1:00 Restoration Thrift Store Trip 2:30 Recovery Work Group 6:00-7:30 Writing for Wellness</p>	<p>5</p> <p>12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connections 2:30 Sewing with Cherrill</p>	<p>6</p> <p>11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00-3 WRAP Workshop#2</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>12:00 Silver Sneakers ♥ 1:00 Art w/ Shari 2:30 NAMI Connections Stories with Andy 6-7 pm DBSA Support Group</p>	<p>10</p> <p>12:00 DBSA Support Group 1:00 Wooster Library Trip 2:00 Women in Recovery 2:00 Men in Recovery</p>	<p>11</p> <p>12:00 Silver Sneakers ♥ 1:00 Woo Hospital Dietician ♥ 2:30 Recovery Work Group</p>	<p>12</p> <p>12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connections 2:30 Sewing with Cherrill 4:00-5 SPC Meeting</p>	<p>13</p> <p>11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00-3 WRAP Workshop#3 3:00 Weekend Discussion</p>	<p>14</p>
<p>15</p> <p>6:00 pm Warriors' Journey Home</p>	<p>16</p> <p>12:00 Silver Sneakers ♥ 1:00 Fishing 2:30 NAMI Connections Stories with Andy 6-7 pm DBSA Support Group</p>	<p>17</p> <p>12:00 DBSA Support Group 1:00 Lehman's Hardware Trip 2:00 Women in Recovery 2:00 Men in Recovery</p>	<p>18</p> <p>12:00 Nutrition Niblets ♥ 1:00 Goodwill Trip 2:30 Recovery Work Group 6:00-7:30 Writing for Wellness</p>	<p>19</p> <p>12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connections 2:30 Sewing with Cherrill</p>	<p>20</p> <p>11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00-3 WRAP Workshop#4 3:00 Weekend Discussion</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>12:00 Silver Sneakers ♥ 1:00 Art w/ Shari 2:30 NAMI Connections Stories with Andy 6-7 pm DBSA Support Group</p>	<p>24</p> <p>12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery 5:30-7 PALS Support Group</p>	<p>25</p> <p>12:00 Silver Sneakers ♥ 1:00 Pumpkin Patch Trip 2:30 Recovery Work Group</p>	<p>26</p> <p>12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connections 2:30 Sewing with Cherrill</p> <p>6:30-8 NAMI Board Meeting</p>	<p>27 * Birthday Friday *</p> <p>11:30 Fall Fun Party Pumpkin Decorating! 12:30 Spirituality/Prayer 1:00 Laughing Class w/Oma 1:00-3 WRAP Workshop#5 3:00 Weekend Discussion</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>12:00 Silver Sneakers ♥ 1:00 Art w/ Shari Therapy Canine Visit 2:30 NAMI Connection Stories with Andy 6-7 pm DBSA Support Group</p>	<p>31</p> <p>12:00 DBSA Support Group 1:00 Advocating w/ Leigh 2:00 Women in Recovery 2:00 Men in Recovery</p>	<p><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</p>		<p style="text-align: center;">Questions or comments? Call 330-264-1590 or visit our website at www.namiwaynehomes.org</p>	



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.

Welcome, Dawn!

We would like to give a warm, MOCA welcome to Dawn Ross. Dawn is our new Administrative Assistant. She has been a Wayne County resident her whole life. When she is not working at NAMI, Dawn likes to spend time with her family.



WRAP Workshop

Wellness Recovery Action Plan (WRAP) is a self-designed plan for staying well and to help you feel better when you are not feeling well. WRAP increases personal responsibility and control over your own life and helps you to make your life the way you want it to be. You decide what goes into your plan, using your own personal action plans.



The WRAP Workshop begins Friday, September 29th and will be held each Friday from 1:00 to 3:00 p.m., through November 3rd.

Materials are provided at no charge, but registration is required. A sign-up sheet is posted at MOCA House or call 330-264-1590.

Family-to-Family Education Program

The Family-to-Family Education Program will take place at SpringHaven Counseling Center (15550 Durstine Road, Dundee, Ohio). The 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 with this experience. All course materials are furnished to you at no cost.

Classes run from 5:45-8:15 p.m. and begin Tuesday, September 5th. Please call 330-264-1590 or email info@namiwayneholmes.org to register or to get more information.



Creative Art with Connie

A MOCA House Program favorite, "Creative Art with Connie," is scheduled to return September 14th. The class will then be held each Thursday at noon. Connie teaches watercolor painting. You could be a beginner or a pro—everyone has fun in this class!

REMINDERS

The NAMI office and MOCA House Program will be closed Monday, September 4th for Labor Day.

MOCA House Program will open at 12:00 noon on Tuesday, October 3rd to allow for a staff meeting.

There will be NO PROGRAMMING on Monday, September 11th and Tuesday, September 12th because of the Recovery Conference.

Silver Sneakers Comes Back to MOCA House

Lindsey will be returning to Wellness Wednesday for Silver Sneakers again starting in September. Silver Sneakers is a low impact exercise class. It encourages adults to participate in physical activities that will help them to maintain greater control of their health. Everyone that participates in the class really enjoys it. Anyone that is part of the MOCA House Program can participate. All classes are at 12:00 noon. Please pay attention to the heart symbol on the calendar to see when the classes are scheduled.



- **Please note the new time for the Recovery Work Group on Wednesdays**
- **Writing for Wellness is now on Wednesday nights**

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



**** Thank you to everyone that helped make our 2017 Annual Gathering a success! We couldn't do it without you MOCANS. ☺ ****

Mental Illness Awareness Week

Mental Illness Awareness Week is the first week in October (October 2-8). Join NAMI in shining a light on mental illness and replacing stigma with hope by taking the #StigmaFree pledge at www.nami.org/stigmfree. Wear green this week to spread awareness!



September/October Outings

We have many fun trips and activities planned for September and October. 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.

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.

Picnic and Hay Ride at the Fowler's

The Fowler's have invited us to their home for a fun-filled afternoon in September. We will have a picnic and take a hay ride around their farm. Please sign up if you are interested in attending. Van transportation will be available, but only if you sign up. The picnic and hay ride will take place on Friday, September 22nd.