

July 2026 MOCA House Calendar

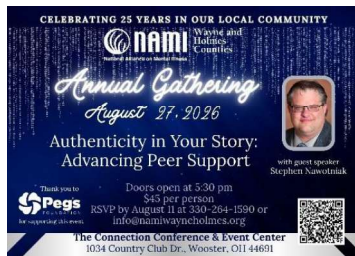
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Free transportation for MOCA House is available to peers in Wayne & Holmes Counties.</i> CALL THE VAN BETWEEN 8am – 9am 330-466-4765			1 10:30 Peer Support Meeting 11:00 Check In 12:00 Here & Now w/ Angie 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group	2 11:00 Check In 12:00 Yoga with Brooke ♥ 2:00 NAMI Connection	3 NAMI & MOCA House Closed for Independence Day 	4
5	6 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA	7 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 6:30 Wayne County FSG	8  Peer Recovery Summit MOCA House Closed	9  Peer Recovery Summit MOCA House Closed	10 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Chat with a Cop 2:00 Art with Bethany 3:00 Self-Care	11
12	13 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA	14 9:30 Staff Meeting— MOCA House Opens at Noon 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	15 11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 11-1 Connections Corner in Orrville	16 11:00 Check In 12:00 Yoga with Brooke ♥ 2:00 NAMI Connection	17 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Winning Against Relapse 2:00 BINGO 3:00 Self-Care	18
19	20 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:30 Holmes County FSG	21 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	22  Lehman's Hardware Trip Sign-up Required No other programming	23 10:00 SPC Meeting 11:00 Check In 12:00 Yoga with Brooke ♥ 2:00 NAMI Connection 6:00 Board Meeting	24 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art with Bethany 2:00 Winning Against Relapse 3:00 Self-Care	25
26	27 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA	28 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 5:30 PALS Meeting	29 11:00 Check In 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group	30  Cleveland Aquarium Sign-up required No other programming	31 Birthday Friday! 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Marlee Therapy Dog 2:00 Winning Against Relapse 3:00 Self-Care	

August 2026 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA	4  Akron Rubber Ducks Game Sign-up required No other programming 6:30 Wayne County FSG	5 10:30 Peer Support Meeting 11:00 Check In 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group	6 11:00 Check In 12:00 Yoga with Brooke ♥ 2:00 NAMI Connection	7 11:00 Check In 11:30 MOCA House 16th Anniversary Party 1:00 Art with Bethany MOCA Closing at 3:00 pm	8
9	10 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Dr. Helmut Visit 3:00 Goal Setting 5:00 Zoom DBSA	11 9:30 Staff Meeting—MOCA House Opens at Noon 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	12 11:00 Check In 11:30 Pop-up Food Pantry in Orrville 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group	13 11:00 Check In 12:00 Yoga with Brooke ♥ 2:00 NAMI Connection	14 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Marlee Therapy Dog 2:00 Winning Against Relapse 3:00 Self-Care	15
16	17 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:30 Holmes County FSG	18 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	19 11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 11-1 Connections Corner in Orrville	20 10:00 SPC Meeting 11:00 Check In 12:00 Yoga with Brooke ♥ 2:00 NAMI Connection	21 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art with Bethany 2:00 Winning Against Relapse 3:00 Self-Care	22
23	24 11:00 Check In 12:00 Basic Fitness ♥ 1:00 Friendtique Trip 5:00 Zoom DBSA	25 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 5:30 PALS Meeting	26 11:00 Check In 12:00 Here & Now w/ Angie 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group	27 NAMI and MOCA House CLOSED  For Annual Gathering	28 Birthday Friday! 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Winning Against Relapse 2:00 BINGO 3:00 Self-Care	29
30	31 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:30-8 Breaking Bread Rittman	KEY <u>MOCA</u> = <u>M</u>otivating, <u>O</u>ptimistic, <u>C</u>aring, <u>A</u>ccpting <u>DBSA</u> = <u>D</u>epression <u>B</u>ipolar <u>S</u>upport <u>A</u>lliance <u>PALS</u> = <u>P</u>eople <u>A</u>ffected by a <u>L</u>oved-One's <u>S</u>uicide <u>WRAP</u> = <u>W</u>ellness <u>R</u>ecovery <u>A</u>ction <u>P</u>lan <u>MOCA House hours are Monday - Friday, 11am - 4pm</u> <u>Everyone encouraged to participate in groups and activities.</u> ♥ = Health & Wellness Program Activities NAMI Connection = Peer Support Group SPC = Suicide Prevention Coalition FSG = Family Support Group				

Want to get this calendar by email? Send your email address to info@namiwayneholmes.org and ask to be added to our mailing list!

2026 Annual Gathering



Join us in celebrating 25 years in our local community. Our Annual Gathering is scheduled for Thursday, August 27 at The Connection Conference & Event Center (1034 Country Club Dr, Wooster, OH 44691). Social time will begin at 5:30pm. Dinner will be served at 6:00pm. Our keynote, "Authenticity in Your Story: Advancing Peer Support" will be presented by Stephen Nawotniak, author, occupational therapist, and certified peer specialist. Tickets are \$45. RSVP by August 11 at <https://tinyurl.com/722mhdrp>. We hope you'll celebrate this important event and an impactful year with us!

Family-to-Family Class Coming Soon

If you have a loved one with mental health concerns, it's not too early to get on the waiting list for our Family-to-Family class starting soon! Call 330-264-1590 for more information or to get on the list.

Breaking Bread: A Celebration of Community and Connection

This event is designed to bring people together over nourishing food, while also raising awareness for mental health resources in our area. By sharing this meal, you'll learn more about the vital work of NAMI Wayne and Holmes Counties and show your solidarity with those affected by mental health challenges.

When: August 31, 2026 6:30-8 pm

Where: Milton Presbyterian Church, 250 North St, Rittman, OH 44270

Seating is limited! **RSVP by Aug. 20:** <https://tinyurl.com/35dx9k2v>

Donations accepted and appreciated!

Day of Caring



Please join us in shouting out a big "Thank you!" to this amazing group of kind-hearted leaders at The J.M. Smucker Company for helping us with deep cleaning and organizing our MOCA House Program space.

MOCA House Celebrates 16 Years!

What started in Wooster Presbyterian Church's former parsonage in a Victorian house on College Ave on August 4, 2010, is now a vibrant, thriving, certified Peer Run Organization, daytime mental health recovery center—MOCA House. MOCA, Motivating, Optimistic, Caring, and Accepting, serves free daily programming for persons with mental illness. Please plan to celebrate **our 16th birthday** with us outside on the patio (weather permitting) on Friday, August 7, 11am-3pm. Call 330-264-1590 for more details about our birthday party or to arrange a tour.

Scheduling Notes

For July and August, Yoga with Brooke on Thursdays will be at noon instead of 12:30pm.

NAMI and MOCA House will be closed on July 3 to celebrate Independence Day and August 27 for our Annual Gathering.

MOCA House will be closed on July 8 and 9 for the OhioPro Peer Recovery Summit.

Thank You to Our Partners



Supported by the Mental Health & Recovery Levy

Orrville Artists Among Us

This year's Artists Among Us in Orrville was enormously successful! More than 100 pieces of art created by MOCANs were displayed June 8 - 21 throughout 26 businesses in downtown Orrville, Marshallville, and Dalton in partnership with Orrville Area Chamber of Commerce. We very much appreciate the support of these businesses:

Allium Naturopathic Health
Brown's Furniture
B's Deli
Buehler's
City of Orrville
Cobblestone Hotel & Suites
CSB
Edward Jones
Farmers National Bank (High & Market St)
Jarrett Logistics
Justin Haislip State Farm Insurance
LincWay
Michael's Bakery
Nancy's Draperies
Old Carolina BBQ Co
Orr Valley Creamery
Orrville Area United Way
Orrville Cycling
Orrville Public Library
Orrville YMCA
Runion's Furniture
Salt and Honey
Salvation Army
The Faithful Little Cupcake
Wayne County Federal Credit Union
Wiles Hanzie Realty

Be sure to check out facebook.com/NAMIWayneHolmes to see the art as it was displayed!

Welcome, Jenny Shumaker!



Please help us welcome Jenny Shumaker, our new MOCA House Recovery Aide. Jenny likes to stay active and spend time outdoors, including going for walks with her five year old cavapoo, Frankie. She also enjoys practicing yin yoga, reading, and cooking meals for her family.

One of the most rewarding parts of her life is her work with NAMI and MOCA House. She enjoys helping others, building relationships, and being a part of her community. Welcome, Jenny!