

September 2026 MOCA House Calendar

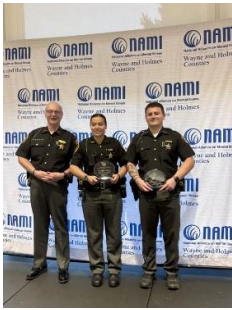
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Our Mission</u> To provide a place of safety where all persons affected by a mental health concern feel accepted and build hope through peer-based programming, and to deliver education, suicide prevention, and support to family members and the community.		1 11:00 Check In 12:00 Art 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 6:30 Wayne County FSG	2 11:00 Check In 12:00 Here and Now w/Jenny 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	3 Kingwood Center Gardens Sign up Required Pack a lunch No other programming	4 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Therapy Dog Marlee 2:00 Winning Against Relapse 3:00 Self-Care	5
6 <i>Suicide Prevention Week</i> Sept 6 to Sept 12	7 NAMI and MOCA House Closed 	8 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	9 9:00 Suicide Prevention Month Proclamation 11:00 Check In 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group	10 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	11 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art 2:00 Winning Against Relapse 3:00 Self-Care	12 <i>Suicide Prevention Week</i> Sept 6 to Sept 12
13	14 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:00 Family-to-Family	15 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	16 11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills 11-1 Connections Corner in Orrville	17 10:00 SPC Meeting 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	18 End of Summer Cookout 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art 2:00 Winning Against Relapse 3:00 Self-Care	19
20	21 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 6:00 Family-to-Family	22 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	23 11:00 Check In 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	24 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools 6:00 Board Meeting	25 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	26
27 <i>Wooster Artists Among Us</i> Sept 28 - Oct 10	28 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:00 Family-to-Family	29 11:00 Check In 12:00 Artists Among Us Walking Tour ♥ Sign up required 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	30 11:00 Check In 12:00 Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	Free transportation for MOCA House is available to peers in Wayne & Holmes Counties. CALL THE VAN BETWEEN 8am – 9am 330-466-4765		

October 2026 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY <u>MOCA</u> = <u>M</u> otivating, <u>O</u> ptimistic, <u>C</u> aring, <u>A</u> ccepting <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 MOCA House hours are Monday - Friday, 11am - 4pm Everyone encouraged to participate in groups and activities.				1 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	2 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Therapy Dog Marlee 2:00 Winning Against Relapse 3:00 Self-Care	3
4	5 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:00 Family-to-Family	6 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 6:30 Wayne County FSG	7 11:00 Check In 12:00 Here and Now w/Jenny 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	8 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	9 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art 2:00 Winning Against Relapse 3:00 Self-Care	10 <i>Wooster Artists Among Us</i> Sept 28 - Oct 10
11	12 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:00 Family-to-Family	13 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	14 11:00 Check In 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	15 10:00 SPC Meeting 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	16 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Trivia/BINGO 2:00 Winning Against Relapse 3:00 Self-Care	17
18	19 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	20 Wayne Lanes Bowling Sign up required No other programming 	21 11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills 11-1 Connections Corner in Orrville	22 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools 6:00 Board Meeting	23 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art 2:00 Winning Against Relapse 3:00 Self-Care	24
25	26 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA	27 Hershberger's Farm and Petting Zoo Sign up required No other programming 5:30 PALS Meeting	28 11:00 Check In 12:00 Moreland Farms Pumpkin Picking 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	29 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	30 Fall Festival Party 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Pumpkin Contest 1:00 Karaoke 2:00 Winning Against Relapse 3:00 Self-Care	31

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



Our 2026 *Annual Gathering* at The Connection Conference & Event Center on Thursday, August 27, was an enormous success! The night marked a special milestone as we celebrated our 25th year in the Wayne and Holmes communities. The Our keynote speaker, Stephen Nawotniak, shared his compelling program, “Authenticity in Your Story: Advancing Peer Support”. An excellent meal catered by The Connection Conference & Event Center was enjoyed by all. This year’s award winners included Emily Nulph, earning the MOCA House Service Award, Marc Harvey, earning the NAMI Community Service Award, plus Justin Bower and Naomi Strausbaugh were named the CIT Professionals of the Year. Thanks to all for a wonderful evening.

September 8th is
988 Day



988 Day is a Day of Action held annually on 9/8. The goal of 988 Day is to raise awareness and positive buzz about the 988 Suicide & Crisis Lifeline through a variety of creative activities spearheaded by communities, organizations, and individuals.

This year’s theme is **988 Reasons: Your reason is reason enough**. This theme reminds us that you don’t have to be in crisis to reach out to 988. Whatever you’re facing, big or small, your reason for seeking support is reason enough. Share your reason this #988Day.

988 Day is about you. 988 Day is about your creativity, engagement, and voice! A successful day of action is based on everyone’s involvement and vision.

September is Suicide
Prevention Month



Each September, NAMI recognizes **Suicide Prevention Month** as a time to raise awareness, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time.

Our goal is to ensure that individuals, friends, and families have access to the tools, resources, and support they need to talk openly about suicide prevention, recognize warning signs, and seek help.

This month: **Start a Conversation. Be the Difference.**

With one conversation, asking someone how they’re really doing - and being ready to truly listen - can save lives. Because here’s what we know: No one must face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.

Scheduling Notes

NAMI and MOCA House will be closed on September 7 in observance of Labor Day. There will not be a Family-to-Family class held that night.

MOCA House will open at noon on September 8 and October 13 due to staff meetings.

Thank You to Our Partners



Supported by the Mental Health & Recovery Levy



A Whole
Community
Brings Fresh
Vegetables to
MOCA House

MOCA House has been blessed every other Wednesday this season with a bounty of fresh, local produce from [A Whole Community](#) (awcinc.org). Thank you for the generous abundance this summer season! Stay tuned as we partner with the Akron Canton Regional Food Bank as it opens in Wayne County.

Artists Among Us
Comes to Wooster



Artists Among Us is an exhibit in partnership with Main Street Wooster to display the works of peers and volunteers of the MOCA House art program. Participating businesses display up to 6 pieces of art September 28-October 10. Most art is for sale. The money raised from sales goes back to support MOCA House programming. Be sure to stop out to see the art on display—and pick up a piece to support MOCA House!

Join us in Orrville for
Connections Corner

Do you need a break? Come and join us every 3rd Wednesday of each month from 11am to 1pm at B’s Deli Lower Level in Orrville for creative topics and meaningful connections!

This group is a warm and inclusive space to breathe, talk, laugh, and connect with others. Drawing on your own lived experiences to foster recovery and empowerment. Come gather with us, where we untangle thoughts, share stories, and remind each other we're not alone.