

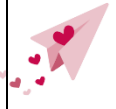


January 2026 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>KEY</div> <div>MOCA = Motivating, Optimistic, Caring, Accepting</div> <div>DBSA = Depression Bipolar Support Alliance</div> <div>PALS = People Affected by a Loved-One's Suicide</div> <div>WRAP = Wellness Recovery Action Plan</div> <div>♥ = Health & Wellness Program Activities</div> <div>NAMI Connection = Peer Support Group</div> <div>SPC = Suicide Prevention Coalition</div> <div>FSG = Family Support Group</div> <div>MOCA House hours are Monday - Friday, 11am - 4pm</div> <div>Everyone encouraged to participate in groups and activities.</div>				1 <div>Happy New Year!!!</div> <div>NAMI & MOCA House Closed</div>	2 <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 BINGO</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	3
4	5 <div>11:00 Check In</div> <div>12:00 Basic Fitness ♥</div> <div>1:00 DBSA</div> <div>2:00 NAMI Connection</div> <div>3:00 Goal Setting</div> <div>5:00 Zoom DBSA</div>	6 <div>11:00 Check In</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div> <div>6:30 Wayne County FSG</div>	7 <div>10:30 Peer Support Meeting</div> <div>11:00 Check In</div> <div>12:00 Art with Bethany</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div>	8 <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>3:00 Recovery Tools</div>	9 <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 Sunrise Vista & Bingo</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	10
11 <div></div>	12 <div>11:00 Check In</div> <div>12:00 Basic Fitness ♥</div> <div>1:00 DBSA</div> <div>2:00 NAMI Connection</div> <div>3:00 Goal Setting</div> <div>5:00 Zoom DBSA</div>	13 <div>9:30 Staff Meeting—MOCA House Opens at Noon</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div>	14 <div>11:00 Check In</div> <div>12:00 Nutrition Niblets ♥</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div> <div>6:00 Peer-to-Peer Class</div>	15 <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>2:30 Jewelry with Tammy</div> <div>3:00 Recovery Tools</div> <div>6:00 Writing for Wellness</div>	16 <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 Art with Bethany</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	17
18	19 MLK Jr Day <div>NAMI & MOCA House Closed</div>	20 <div>11:00 Check In</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div>	21 <div>11:00 Check In</div> <div>12:00 WCH Dietician ♥</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div> <div>6:00 Peer-to-Peer Class</div>	22 <div>10:00 SPC Meeting</div> <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>3:00 Recovery Tools</div> <div>6:00 Board Meeting</div>	23 <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 Art with Bethany</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	24
25	26 <div>11:00 Check In</div> <div>12:00 Basic Fitness ♥</div> <div>1:00 DBSA</div> <div>2:00 NAMI Connection</div> <div>3:00 Goal Setting</div> <div>5:00 Zoom DBSA</div>	27 <div>11:00 Check In</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div> <div>5:30 PALS Meeting</div>	28 <div>11:00 Check In</div> <div>12:00 Art with Bethany</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div> <div>6:00 Peer-to-Peer Class</div>	29 <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>3:00 Recovery Tools</div>	30 Birthday Friday! <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 Marlee the Therapy Dog</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	31 <div></div>

February 2026 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <div>11:00 Check In</div> <div>12:00 Basic Fitness ♥</div> <div>1:00 DBSA</div> <div>2:00 NAMI Connection</div> <div>3:00 Goal Setting</div> <div>5:00 Zoom DBSA</div>	3 <div>11:00 Check In</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div> <div>6:30 Wayne County FSG</div>	4 <div>10:30 Peer Support Meeting</div> <div>11:00 Check In</div> <div>12:00 Art with Bethany</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div> <div>6:00 Peer-to-Peer Class</div>	5 <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>3:00 Recovery Tools</div> <div>6:00 Writing for Wellness</div>	6 <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 Marlee Therapy Dog</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	7 <div></div>
8	9 <div>11:00 Check In</div> <div>12:00 Basic Fitness ♥</div> <div>1:00 DBSA</div> <div>2:00 NAMI Connection</div> <div>3:00 Goal Setting</div> <div>5:00 Zoom DBSA</div>	10 <div>9:30 Staff Meeting—MOCA House Opens at Noon</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div>	11 <div>11:00 Check In</div> <div>12:00 Nutrition Niblets ♥</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div> <div>6:00 Peer-to-Peer Class</div>	12 <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>3:00 Recovery Tools</div>	13 Valentines Day Party <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 Sunrise Vista & Bingo</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	14
15	16 <div>11:00 Check In</div> <div>12:00 Basic Fitness ♥</div> <div>1:00 DBSA</div> <div>2:00 NAMI Connection</div> <div>3:00 Goal Setting</div> <div>5:00 Zoom DBSA</div>	17 <div>11:00 Check In</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div>	18 <div>11:00 Check In</div> <div>12:00 WCH Dietician ♥</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div> <div>6:00 Peer-to-Peer Class</div>	19 <div>10:00 SPC Meeting</div> <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>3:00 Recovery Tools</div> <div>6:00 Board Meeting</div>	20 <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 Chat with a Cop</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	21
22	23 <div>11:00 Check In</div> <div>12:00 Basic Fitness ♥</div> <div>1:00 DBSA</div> <div>2:00 NAMI Connection</div> <div>3:00 Goal Setting</div> <div>5:00 Zoom DBSA</div>	24 <div>11:00 Check In</div> <div>12:00 Art with Judy</div> <div>2:00 Women in Recovery</div> <div>2:00 Men in Recovery</div> <div>3:00 Journaling</div> <div>5:30 PALS Meeting</div>	25 <div>11:00 Check In</div> <div>12:00 Art with Bethany</div> <div>2:00 Recovery Work Group</div> <div>2:00 Schizophrenia/Affective Disorder Group</div> <div>3:00 Life Skills</div> <div>6:00 Peer-to-Peer Class</div>	26 <div>11:00 Check In</div> <div>12:30 Yoga with Brooke ♥</div> <div>2:00 NAMI Connection</div> <div>3:00 Recovery Tools</div>	27 Birthday Friday! <div>11:00 Check In</div> <div>11:30 Lunch on MOCA</div> <div>12:30 Spirituality & Prayer</div> <div>1:00 BINGO</div> <div>2:00 Winning Against Relapse</div> <div>3:00 Self-Care</div>	28

MENTAL HEALTH CRISIS?

988

SUICIDE & CRISIS LIFELINE

call, text, or chat

911

EMERGENCY

ask for a CIT Officer

Local 24-hour Crisis Response

330-845-HELP(4357)

WAYNE-HOLMES SUICIDE PREVENTION COALITION

NAMI

Free transportation for MOCA House is available to peers in Wayne & Holmes counties.
Call The Van Between 8am-9am
330-466-4765



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

Happy Anniversary NAMI

On February 1, NAMI is celebrating our 25th anniversary in the community! What a journey and milestone. We invite you to help us tell our story. If you were part of our 25 years, we want to hear about your involvement (staff, volunteer, donor, peer).

Submit your story to us at info@namiwayneholmes.org or bring it to the office. Read more about us at namiwayneholmes.org/history



Weather Delays & Cancellations

The NAMI office and MOCA House Program may be closed due to weather. If the sheriff declares a Level 2 or 3 Snow Emergency in Wayne County, we will be closed. Please listen to The River and WKLM (Millersburg) or visit their website for any information about closings. We will post these updates on the NAMI Facebook page as well.

Volunteer Spotlight



Marc Harvey serves as Treasurer and has been a member of the NAMI Board for four years. He is passionate about supporting individuals and families affected by mental health challenges. Marc believes that everyone deserves understanding, encouragement, and resources on their journey toward mental well-being. Through his volunteer work with NAMI, he is committed to helping create a community where people feel supported, heard, and empowered to take steps toward recovery.

Welcome David Wintrow

Our NAMI Community continues to grow! We are excited to welcome David Wintrow as our new Recovery Aide and look forward to the meaningful impact he will have in supporting mental health recovery.



Reminders

Only those already actively participating in MOCA House programming are eligible to attend field trips. Sign up for field trips in person in MOCA House. Do not call to sign up for field trips.

Family-To-Family Program

NAMI Wayne and Holmes Counties will offer the 8-week Family-to-Family education program in Wayne & Holmes counties, starting in early 2026 from 6 to 8:30pm. NAMI Family-to-Family provides information and strategies for taking care of the person you love. You'll also find out that you're not alone. Recovery is a journey, and there is hope. Sign up by contacting NAMI at 330-264-1590 or

info@namiwayneholmes.org. Free transportation is available, upon request.

Walk and 5K for Wellness: SAVE THE DATE

Our Walk & 5K for Wellness is May 2nd! Join us as we celebrate those on their journey to mental health recovery! How can you help? Form a Team with your friends and family. This will make the event fun while raising money to help support our local mental health recovery programs. Stay tuned for more information about this fun event in the April addition. Additional information will also be posted on our event page at namiwayneholmes.org and on Facebook.

Mocan Moments

Our staff is often encouraged by hearing from people who have benefitted from our services. We want you to hear about it too, so we can all be reminded that Recovery is Possible! Here is a recent story, and this person didn't mind us sharing with you:



NAMI Family Caregiver HelpLine



Family Caregiver

Available Monday Through Friday, 10:00 AM – 10:00 PM ET

The NAMI Family Caregiver HelpLine is a free, confidential service providing caregiver-led support, tools and strategies, trusted guidance, and connection at every stage of the caregiving journey.

Whenever caregiving for a loved one with mental illness feels overwhelming, a simple call, text, email, or letter to the NAMI Family Caregiver HelpLine will connect you to a community of support grounded in lived experience.

Connect with a trained Family Caregiver HelpLine Specialist today.

Call: 1-800-950-NAMI (6264) Press "4" to connect with a skilled Family Caregiver HelpLine Specialist

Text: Text Family to 62640

Email: Send a message to helpline@nami.org

Super Bowl Friday

MOCA House will celebrate Super Bowl weekend with a party on Friday, February 6th, starting at 11:30am. Wear your favorite team jersey to show your support.



CIT Graduates

NAMI would like to congratulate the 26 graduates of the Crisis Intervention Team, 40-hour class held back in October of 2025. Thank you to Ohio State Wooster Campus for hosting.



NAMI Membership

NAMI Wayne & Holmes Counties' mission is to "Provide a place of safety where all persons affected by a mental health concern feels accepted and can build hope through peer-based programming, and to deliver education, suicide prevention, and support to family members and the community." We would love to have you join our cause.

Household Membership \$60

Regular Membership \$40

Open Door Membership \$5

Stop by to complete an application for membership.



Thank You to Our Partners

Supported by the Mental Health & Recovery Levy