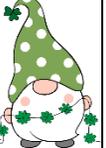


# March 2026 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  5:00 Zoom DBSA	3 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 6:00 Family-To-Family 6:30 Wayne County FSG	4 11:00 Check In 12:00 Here & Now w/Angie 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	5 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  6:00 Writing for Wellness	6 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Trivia 2:00 Winning Against Relapse 3:00 Self-Care	7
8 Spring Forward 	9 11:00 Check In 12:00 Basic Fitness ♥ 1:00 Dr. Helmuth Talks ♥ 2:00 NAMI Connection 3:00 Goal Setting  5:00 Zoom DBSA	10 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 6:00 Family-To-Family	11 11:00 Check In 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	12 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	13 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	14  3.14159
15 	16 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  5:00 Zoom DBSA	17 St. Patrick's Day *Wear Green* 11:00 Check In 12:00 Puzzle Contest 2:00 Art with Judy  6:00 Family-To-Family	18 11:00 Check In 12:00 WCH Dietician ♥ 1:00 Planting Flowers 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	19 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  6:00 Writing for Wellness	20 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	21
22	23 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  5:00 Zoom DBSA	24 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 6:00 Family-To-Family	25 11:00 Check In 12:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	26 10:00 SPC Meeting 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  6:00 Board Meeting	27 Birthday Friday! 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 BINGO 2:00 Winning Against Relapse 3:00 Self-Care	28  Paint Party 11:00 am-1:00 pm
29 	30 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  5:00 Zoom DBSA	31  Canton Art Museum Sign-up Required No other programming 6:00 Family-To-Family	<b>KEY</b> MOCA = <u>M</u> otivating, <u>O</u> ptimistic, <u>C</u> aring, <u>A</u> ccepting DBSA = <u>D</u> epression <u>B</u> ipolar <u>S</u> upport <u>A</u> lliance PALS = <u>P</u> eople <u>A</u> ffected by a <u>L</u> oved-One's <u>S</u> uicide WRAP = <u>W</u> ellness <u>R</u> ecovery <u>A</u> ction <u>P</u> lan ♥ = Health & Wellness Program Activities NAMI Connection = Peer Support Group SPC = <u>S</u> uicide <u>P</u> revention <u>C</u> oalition FSG = <u>F</u> amily <u>S</u> upport <u>G</u> roup  MOCA House hours are Monday - Friday, 11am - 4pm Everyone encouraged to participate in groups and activities.			

# April 2026 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Free transportation for MOCA House is available to peers in Wayne &amp; Holmes Counties.</b>  <b>CALL THE VAN BETWEEN 8am – 9am 330-466-4765</b>						
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 6:00 Family-To-Family 6:30 Wayne County FSG	8 11:00 Check In 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	9 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  6:00 Writing for Wellness	10 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	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 6:00 Family-To-Family	15 11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	16 10:00 SPC Meeting 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  6:00 Writing for Wellness	17 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Trivia 2:00 Winning Against Relapse 3:00 Self-Care	18 Pancake Breakfast 8:00-10:30am 
19 Volunteer appreciation week	20 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  5:00 Zoom DBSA	21 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 6:00 Family-To-Family	22 11:00 Check In 12:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	23 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  6:00 Board Meeting	24 Birthday Friday! 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 BINGO 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 Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	30 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	 <b>NO MATTER HOW LONG THE WINTER, SPRING WILL ALWAYS COME</b>	

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



**Walk and 5K for WELLNESS**  
NAMI Wayne and Holmes Counties

**19th Annual Walk & 5K for Wellness**

Save the Date! Our 19th Annual Walk & 5K for Wellness is coming up on May 2! This signature NAMI event brings our community together to raise awareness, reduce stigma, and support mental health education and advocacy. Now is the perfect time to start forming teams, inviting friends and family, and getting ready to walk or run for mental health. Be sure to register today!

**Quilt Raffle**



We are thrilled to showcase this year's quilt - a spectacular work of art donated by artisan Vicky Hartzler! It measures 90" x 116" (King). Tickets are \$5 each or 5 tickets for \$20 and available for purchase in the NAMI office. The winner will be drawn at the conclusion of the Walk & 5K for Wellness on May 2, 2025. You need not be present to win.

**3rd Annual Paint Party**

MOCA House's 3rd Annual Paint for Recovery takes place on March 28 from 11:00 AM-1:00 PM. This guided, no-experience-needed painting event offers a fun and calming way to support mental health and recovery through creativity. The cost is \$30 and covers supplies and refreshments.

**Honorary Chairs Spotlight**



NAMI Wayne & Holmes Counties is proud to recognize Scott and Susan Boyes as this year's Honorary Chairs for the Walk & 5K for Wellness. Lifelong Wayne County residents, Scott and Susan share a deep commitment to service, faith, and caring for the whole person—mind, body, and spirit. Their dedication to mental health awareness and the Wooster community makes them wonderful champions for this important event.



**Volunteer Spotlight**



Steve Cook has been a dedicated volunteer with NAMI for over 12 years, leading our Prayer and Spirituality Group every Friday at 12:30. His lifelong commitment to serving others extends beyond NAMI, as he has volunteered with numerous charities throughout his life. Steve finds his work with MOCA House both fun and rewarding, bringing compassion, leadership, and a sense of community to everyone he meets. We are grateful for his unwavering dedication and the positive impact he has on those around him!

**Volunteer Appreciation Week**

Our volunteers mean the world to us! This year, Volunteer Appreciation Week is April 19-25. Watch our Facebook page for updates as we share our appreciation and celebrate our volunteers!

**Mighty Mocan's Team Pancake Breakfast**

Breakfast for a cause! Join the Mighty Mocans on April 18th from 8:00AM-10:30AM for a pancake breakfast benefiting NAMI and the Annual Walk & 5K for Wellness. Cost is by donation, and everyone is welcome.

**Holmes County Family Support Group is returning in April with a new location!**

The group will meet on the third Monday of each month from 6:30-8:00 pm at the Mount Hope United Methodist Church. The church is located at 8079 State Route 241 Millersburg, Ohio 44654. Please join us for free education and support for families, friends, and caregivers of an adult loved one who has a mental health condition. Find help. Find hope.

**Welcome NAMI's new Program Manager: Jenny Gerrick**



Please join us in welcoming Jenny Gerrick, our new Program Manager at NAMI of Wayne and Holmes Counties! Jenny's commitment to supporting individuals and families affected by mental health challenges will be a wonderful asset to our organization and the community we serve. We're excited for the positive impact she will make and are grateful to have her on the team.

Thank You to Our Partners



Supported by the Mental Health & Recovery Levy

