





May 2026 MOCA House Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|---|
| <p>KEY</p> <p>MOCA = Motivating, Optimistic, Caring, Accepting DBSA = Depression Bipolar Support Alliance PALS = People Affected by a Loved-One's Suicide WRAP = Wellness Recovery Action Plan</p> <p>♥ = Health & Wellness Program Activities NAMI Connection = Peer Support Group SPC = Suicide Prevention Coalition FSG = Family Support Group</p> <p>MOCA House hours are Monday - Friday, 11am - 4pm Everyone encouraged to participate in groups and activities.</p> | | | | | <p>1</p> <p>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</p> | <p>2</p> <p>Walk for 5K for WELLNESS</p>  |
| <p>3</p> | <p>4</p> <p>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</p> | <p>5</p> <p>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</p> | <p>6</p> <p>9:00 UW Day of Caring – MOCA House Opens at Noon 12:30 Here & Now w/ Angie 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group</p> | <p>7</p> <p>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection</p> | <p>8</p> <p>Mental Health & Recovery Board Conference</p> <p>NAMI Wayne & Holmes Counties and MOCA House CLOSED</p> | <p>9</p> |
| <p>10</p>  | <p>11</p> <p>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</p> | <p>12</p> <p>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</p> | <p>13</p> <p>11:00 Check In 12:30 MHRB Open House 1:30 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group</p> | <p>14</p> <p>Wear Green Day</p> <p>11:00 Check In 12:30 Yoga with Brooke ♥ 1:30 Fishing</p> | <p>15</p> <p>11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art with Angie 2:00 Winning Against Relapse 3:00 Self-Care</p> | <p>16</p> <p>Mental Health Awareness Week May 11-17</p> |
| <p>17</p> <p>Mental Health Awareness Week May 11-17</p> | <p>18</p> <p>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</p> | <p>19</p> <p>11:00 Check In 12:30 WCA Pottery Class <i>Sign-up Required</i> 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling</p> | <p>20</p> <p>11:00 Check In 12:00 Drs. Fred and Penny Frese Lecture 1:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group</p> | <p>21</p> <p>10:00 SPC Meeting 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection</p> | <p>22</p> <p>Memorial Day Cook-out</p> <p>No other programming</p> <p>GAMES! FUN! FOOD!</p> | <p>23</p> |
| <p>24 / 31</p> | <p>25</p>  <p>MEMORIAL DAY NAMI Wayne & Holmes Counties and MOCA House CLOSED</p> | <p>26</p> <p>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</p> | <p>27</p> <p>9:00 Wayne County Commissioner's Mental Health Proclamation</p> <p>Ohio Bird Sanctuary Sign-up Required No other programming</p> | <p>28</p> <p>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 6:00 Board Meeting</p> | <p>29</p> <p>Birthday Friday!</p> <p>11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art with Angie 2:00 Winning Against Relapse 3:00 Self-Care</p> | <p>30</p> |

June 2026 MOCA House Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|--|
| | <p>1</p> <p>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</p> | <p>2</p> <p>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</p> | <p>3</p> <p>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</p> | <p>4</p> <p>11:00 Check In 12:30 Yoga with Brooke ♥ 1:30 Fishing</p> | <p>5</p> <p>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</p> | <p>6</p> |
| <p>7</p> <p>Orrville Artists Among Us June 8-21</p> | <p>8</p> <p>11:00 Check In 12:00 Orrville Artists Among Us Walking Tour Sign-up required No Other Programming 5:00 Zoom DBSA</p> | <p>9</p> <p>11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling</p> | <p>10</p> <p>11:00 Check In 12:00 Nutrition Niblets ♥ 1:00 Walking ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group</p> | <p>11</p> <p>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection</p> | <p>12</p> <p>11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art with Angie 2:00 Winning Against Relapse 3:00 Self-Care</p> | <p>13</p> |
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| <p>21</p>  | <p>22</p> <p>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</p> | <p>23</p> <p>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</p> | <p>24</p> <p>11:00 Check In 12:00 Here & Now w/ Angie 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group</p> | <p>25</p> <p>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 6:00 Board Meeting</p> | <p>26</p> <p>Birthday Friday!</p> <p>11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Art with Angie 2:00 Winning Against Relapse 3:00 Self-Care</p> | <p>27</p> |
| <p>28</p> | <p>29</p> <p>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</p> | <p>30</p> <p>11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling</p> | <p><i>Free transportation for MOCA House is available to peers in Wayne & Holmes Counties.</i></p> <p>CALL THE VAN BETWEEN 8am – 9am 330-466-4765</p> | | | |

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

24/7 MENTAL HEALTH or SUICIDE CRISIS RESPONSE

988
SUICIDE & CRISIS LIFELINE
call, text, or chat

911 ask for a CIT Officer
EMERGENCY 

Local 24-hour Crisis Response
330-845-HELP(4357)

 Wayne and Holmes Counties

Mental Health Awareness Month

May is Mental Health Awareness month. Why is this important? In a 2024 study by Mental Health America, it's reported that more than 20% of adults (24.52% in Ohio) experienced a mental illness in the past year, which is equivalent to nearly 60 million Americans. And 1 in 5 youth had at least one major depressive episode in the past year. Five percent of adults and 13% of youth reported experiencing serious thoughts of suicide. But 1 in 4 adults with frequent mental distress could not see a doctor due to cost, and more than half of the youth did not receive treatment for their depressive episode, because there are 340 people for every 1 mental health provider in the United States.

NAMI is raising awareness and proving support and education to those in need. Here at NAMI Wayne & Holmes Counties, our mission is to provide a place of safety where all persons affected by a mental health concern feel accepted and can build hope through peer-based programming, and to deliver education, suicide prevention, and support to family members and the community.

Help is available! Call 1-800-950-6264, text "NAMI" to 62640, or chat online (www.nami.org/support-education/nami-helpline/) to reach the NAMI HelpLine M-F, 10am-10pm.



Mental Health Wear Green Day!

To show your support, Wear Green on Thursday, May 14th! Follow us at facebook.com/NAMIWayneHolmes for more information and inspiration!



Drs. Fred & Penny Frese Lecture

NEOMED Department of Psychiatry Coordinating Centers of Excellence and Peg's Foundation are proud to present the 2026 Drs. Fred and Penny Frese Lecture as they welcome Nev Jones, an associate professor, mental health services researcher and community psychologist focused on the sociocultural determinants of mental health, psychosis-focused services, health equity and disability justice at the University of Pittsburgh.

Nev is an accomplished professor, mentor, and mental health expert. Her lived experience has led her to be an advocate and top researcher in the world of schizophrenia. She will share how lived experience can make an impact and have a voice to change and challenge systems.

The lecture will be livestreamed on May 20 at 12pm-1pm at MOCA House.

Orrville Artists Among Us

This year's Artists Among Us in Orrville will feature dozens of new, fresh works of art from the peers at MOCA House. Be sure to plan to visit participating businesses in Orrville from Monday, June 8th through Sunday, June 21st. Follow us at facebook.com/NAMIWayneHolmes for art installation locations and for more information!

Scheduling Notes

NAMI and MOCA House will be closed on May 8th and May 25th.

MOCA House will open at noon on May 6th and May 12th. See calendar for details.

Thank You to Our Partners
Supported by the Mental Health & Recovery Levy



2026 Walk and 5K for Wellness

Please join our 2026 Honorary Chairs Scott and Susan Boyes for our 19th Annual Walk and 5K for Wellness Saturday, May 2nd, at The Ohio State University—Wooster Campus, Secrest Welcome & Education Center (2122 Williams Rd, Wooster). There will be a scenic walking route as well as a 5K route, with timing provided by Mid Ohio Race Management. Cash prizes will be offered for the fastest finish times in the 5K. Other contests will be continued such as the Largest Team, Most Decorated Team, and more. All funds raised stay local and support people affected by a mental health condition or suicide loss.

Registration opens at 8am; the 5K kicks off at 8:45am; and the Walk steps off at 9am. We are thrilled to have 350+ registrants and nearly 30 teams participating this year with incredible support from our community of local businesses, volunteers, and supporters. Please plan to join us for this wonderful, uplifting event!

Introducing our Connections Corner group in Orrville

Do you need a break? Starting in June, 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. It's relaxed, supportive, and honestly refreshing! Come join us for a pause and recharge.

We'd love to have you! Come on in!

