
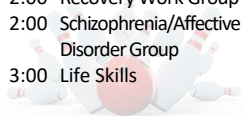
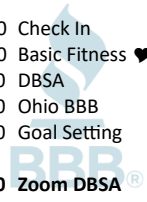







November 2025 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>KEY</div> <div>MOCA = <u>M</u>otivating, <u>O</u>ptimistic, <u>C</u>aring, <u>A</u>ccepting</div> <div>DBSA = <u>D</u>epression <u>B</u>ipolar <u>S</u>upport <u>A</u>lliance</div> <div>PALS = <u>P</u>eople <u>A</u>ffected by a <u>L</u>oved-One's <u>S</u>uicide</div> <div>WRAP = <u>W</u>ellness <u>R</u>ecovery <u>A</u>ction <u>P</u>lan</div> <div>♥ = Health & Wellness Program Activities</div> <div>NAMI Connection = Peer Support Group</div> <div>SPC = <u>S</u>uicide <u>P</u>revention <u>C</u>oalition</div> <div>FSG = <u>F</u>amily <u>S</u>upport <u>G</u>roup</div> <div>MOCA House hours are Monday - Friday, 11am - 4pm</div> <div>Everyone encouraged to participate in groups and activities.</div>						1
2 <div>Fall Back (set your clocks back)</div> 	3 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</div>	4 <div>11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Walking ♥ 6:30 Wayne County FSG</div>	5 <div>11:00 Check In 12:00 Bowling ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills</div> 	6 <div>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools 6:00 Writing for Wellness</div>	7 <div>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</div>	8
9	10 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Ohio BBB 3:00 Goal Setting 5:00 Zoom DBSA</div> 	11 <div>MOCA House Closed 6:30 Expressions of Hope Art Auction (Sign up for transportation)</div>	12 <div>11:00 Check In 12:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills</div> 	13 <div>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools</div>	14 <div>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</div>	15
16 <div></div>	17 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 Jon Ressler: Disability Basics 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA 6:30 Holmes County FSG</div>	18 <div>11:00 Check In 12:00 Crafts with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Walking ♥</div>	19 <div>11:00 Check In 12:00 WCH Dietician ♥ 1:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills</div>	20 <div>10:00 SPC Meeting 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connections 3:00 Recovery Tools 6:00 Writing for Wellness</div>	21 <div>Thanksgiving Feast 11am-2pm</div> 	22 <div>9:00 PALS Int'l Survivors of Suicide Loss Day</div>
23 / 30	24 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</div>	25 <div>11:00 Check In 1:00 YMCA Fitness ♥ 2:00 Women in Recovery 2:00 Men in Recovery</div> 	26 <div>11:00 Check In 11:10 Basic Fitness ♥ 12:00 Christmas Door Decorating 2:00 Close</div>	27 <div>Happy Thanksgiving! NAMI & MOCA House Closed</div> 	28 <div>NAMI & MOCA House Closed</div>	29

December 2025 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 Talk with Dr Helmut ♥ 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</div>	2 <div>11:00 Check In 12:00 Crafts with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling 6:30 Wayne County FSG</div>	3 <div>11:00 Check In 1:00 Cookie Decorating</div> 	4 <div>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools 6:00 Board Meeting</div>	5 <div>11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Marlee Therapy Dog 2:00 Dr. Moore: Managing Chronic Pain #1 ♥ 3:00 Weekend Discussion</div>	6
7 <div></div>	8 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 A Time to Craft 3:00 Goal Setting 5:00 Zoom DBSA</div>	9 <div>9:30 Staff Meeting— MOCA House Opens at Noon 1:00 YMCA Fitness ♥ 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling</div> 	10 <div>11:00 Check In 12:00 Nutrition Niblets ♥ 1:00 Craft with Brooke 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills</div> 	11 <div>11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools</div>	12 <div>11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 2:00 Dr. Moore: Managing Chronic Pain #2 ♥ 3:00 Weekend Discussion</div>	13
14	15 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 A Time to Craft 3:00 Goal Setting 5:00 Zoom DBSA 6:30 Holmes County FSG</div>	16 <div>11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling</div>	17 <div>11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills</div>	18 <div>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</div>	19 <div>Christmas Party & Dinner 11am-3pm</div> 	20
21	22 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</div>	23 <div>11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling</div>	24 <div>11:00 Check In 11:10 Basic Fitness ♥ 12:00 Movie & Popcorn 2:00 Close</div> 	25 <div>Merry Christmas! NAMI & MOCA House Closed</div> 	26 <div> NAMI & MOCA House Closed</div>	27
28	29 <div>11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting 5:00 Zoom DBSA</div>	30 <div>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</div>	31 <div>New Year's Eve Party 11am-2pm</div> 	<div>Free transportation for MOCA House is available to peers in Wayne & Holmes Counties.</div> <div>CALL THE VAN BETWEEN 8am - 9am 330-466-4765</div>		

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

Upcoming Schedule Changes

Set your clocks **BACK** one hour on Sunday, November 2nd, at 2am, for Daylight Savings Time.

MOCA House will be closed Tuesday, November 11th. Sign up for transportation to/from the Expressions of Hope Art Auction.

MOCA House will open at noon on Tuesday, December 9 due to a staff meeting.

NAMI offices and MOCA House will be closed for Thanksgiving November 27th-28th and for Christmas December 25th and 26th.

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.

Weather Delays and Cancellations

During the winter months, 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. If there is a Level 2 in Holmes County and NOT in Wayne County, MOCA House and NAMI offices will remain open, but there will be no van transportation into Holmes County.



A Whole Community

Please join all of us at NAMI Wayne & Holmes Counties and MOCA House in thanking A Whole Community for the abundant produce deliveries all summer!



International Survivors of Suicide Loss Day

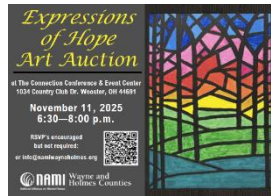
(from <https://afsp.org/international-survivors-of-suicide-loss-day/>)

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is Saturday, November 22nd, 2025, starting at 9am with breakfast.

Register for NAMI Wayne & Holmes Counties' ISOSLD breakfast event at <https://wooster-ohio.isosld.afsp.org/register/registration/form>.

Talk with Dr. Helmuth

Dr. Helmuth visits MOCA House on Monday, December 1st, at 1pm, to discuss Seasonal Affective Disorder and to answer peers' questions.



Expressions of Hope Art Auction

Tuesday, November 11, 2025, 6:30-8:00pm, Connection Conference and Event Center, 1034 Country Club Drive, Wooster

Join us for the 5th Biennial Art Auction—an inspiring evening celebrating creativity, community, and mental health recovery. The event will feature powerful artwork made in the MOCA House program alongside select pieces from local artists who support our mission. This collection will showcase an artistic range for every taste, and a price point with something for every budget!

Enjoy a beautifully curated charcuterie table by Cutie Board Chick and beverages from Biggby Coffee as you explore our silent auction, featuring themed baskets and unique art. Don't miss the excitement of our live auction, where many meaningful pieces will be up for bid in real time.

All proceeds benefit NAMI Wayne and Holmes Counties, supporting our work to provide free mental health peer support services to individuals and families in our community.

RSVPs are encouraged but not required: www.namiwayneholmes.org/feature



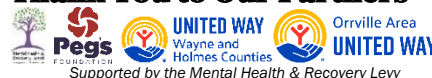
More options... More living

Managing Chronic Pain

Meet Dr. Truly Joy Moore—a distinguished physical therapist whose career spans three decades of clinical excellence, leadership, and education. As a passionate educator, Dr. Moore has taught internationally, empowering therapists and patients alike. Dr. Moore brings not only clinical expertise to her work life but also a deep commitment to her community and its wellness.

Learn how to look beyond the surface and understand the truth about chronic pain and how to manage it. Dr. Moore will present a two-part educational class on Fridays, December 5th and 12th, at 2pm in MOCA House. You won't want to miss this informative class!

Thank You to Our Partners



Disability Basics with Attorney Jon Ressler

(from <https://www.rooselaw.com/jon-ressler/>)

Jon H. Ressler has worked to help disabled people qualify for Social Security Disability and Supplemental Security Income benefits since 1997, starting at the Wooster-Wayne Legal Aid Society. He joined Roose Ressler & Green Co., LPA in 2000 and became a principal in 2003.

Attorney Ressler visits MOCA House on Monday, November 17th, at 1pm, to share the basics of applying for Social Security Disability and to answer peers' questions.



Nutrition Niblets Returns!

Starting Wednesday, November 12th, at 12pm, Kaitlynn Henning from OSU Extension Wayne County, will return to MOCA House for *Nutrition Niblets*! She will visit every second Wednesday of the month through June to share information about how to stretch your food assistance dollars, how to shop for and cook healthy meals, and how to lead a healthy lifestyle. We are grateful to the Wayne County Community Foundation's Emergency Funding grant that has allowed us to continue this important educational program for MOCANs.



Welcome Cindy!

Please welcome Cindy Pulley, NAMI Wayne & Holmes Counties' new Program and Office Assistant. She is a mother of two children, has a passion for cooking, and loves to be a positive impact in her community. She is excited to join the team at NAMI Wayne & Holmes Counties.



Join Rachelle Matz from our Akron Better Business Bureau on November 10th, at 2pm, in MOCA House, for BBB Scam Spotting, an interactive presentation where we explore today's most common scams and how to recognize the warning signs. Then, put your new skills to the test by analyzing real-life examples to spot scams before they strike!