


September 2025 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Labor Day</b>  <b>NAMI Wayne &amp; Holmes Counties and MOCA House CLOSED</b>	<b>2</b> 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Walking ♥  <b>6:30 Wayne County FSG</b>	<b>3</b>  11:00 Check In 12:00 <b>Cleveland Museum of Art</b> <b>Pack a Lunch</b> <b>Sign Up Required</b> <b>No Other Programming</b>	<b>4</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  <b>6:00 Writing for Wellness</b>	<b>5</b> 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	<b>6</b>
<b>7</b>  <b>Suicide Prevention Week</b> <b>Sep 7-13</b>	<b>8</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  <b>5:00 Zoom DBSA</b>	<b>9</b> <b>9:30 Staff Meeting—</b> <b>MOCA House Opens at Noon</b> 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Walking ♥	<b>10 Suicide Prevention Day</b> 11:00 Check In 12:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>11</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	<b>12</b> 11:00 Check In 11:30 <b>Stutzman Cookout</b> <b>Sign Up Required</b> <b>No Other Programming</b>	<b>13</b>
<b>14</b>	<b>15</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  <b>5:00 Zoom DBSA</b>	<b>16</b> 11:00 Check In 12:00 <b>Canton Museum of Art</b> <b>Pack a Lunch</b> <b>Sign Up Required</b> <b>No Other Programming</b>	<b>17</b> 11:00 Check In 12:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>18</b> <b>10:00 SPC Meeting</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  <b>6:00 Writing for Wellness</b>	<b>19</b> 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Caring Therapy Canines 2:00 Winning Against Relapse 3:00 Self-Care	<b>20</b>
<b>21</b>	<b>22</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connections 3:00 Goal Setting <b>5:00 Zoom DBSA</b> <b>6:30 Holmes County FSG</b>	<b>23</b> 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Walking ♥  <b>5:30 PALS</b>	<b>24</b> 11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>25</b> 11:00 Check In 12:30 Yoga with Brooke 1:30 Pottery at WCA <b>Sign Up Required</b> 2:00 NAMI Connections 3:00 Recovery Tools	<b>26 Birthday Friday!</b> 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	<b>27</b>
<b>28</b> <b>Wooster Artists Among Us</b> <b>Sep 28 - Oct 11</b>	<b>29</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 NAMI Connection 3:00 Goal Setting  <b>5:00 Zoom DBSA</b>	<b>30</b> 11:00 Check In 12:00 <b>Artists Among Us</b> <b>Sign Up Required</b> 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Walking ♥	<b>KEY</b>  <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  <b>MOCA House hours are Monday - Friday, 11am - 4pm</b> <b>Everyone encouraged to participate in groups and activities.</b> <b>Only those already actively participating in MOCA House programming are eligible to attend field trips.</b>			

October 2025 MOCA House Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Free transportation for our program is available in Wayne &amp; Holmes Counties.</b> <b>CALL THE VAN BETWEEN 8am - 9am 330-466-4765</b> 		<b>1</b> 11:00 Check In 12:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>2</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 1:00 A Time to Craft <b>Sign Up Required</b> 2:00 NAMI Connection 3:00 Recovery Tools <b>6:00 Writing for Wellness</b>	<b>3</b> 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	<b>4</b>
<b>5</b>  <b>Mental Health Awareness Week</b> <b>Oct 5-11</b>	<b>6</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Sleep Health ♥ 3:00 Goal Setting  <b>5:00 Zoom DBSA</b>	<b>7</b> 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	<b>8</b> 11:00 Check In 12:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>9</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	<b>10 World Mental Health Day</b> 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Ohio Hospital for Psychiatry 2:00 Winning Against Relapse 3:00 Self-Care	<b>11</b>
<b>12</b>	<b>13</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Sleep Health ♥ 3:00 Goal Setting  <b>5:00 Zoom DBSA</b>	<b>14</b> <b>9:30 Staff Meeting—</b> <b>MOCA House Opens at Noon</b> 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling	<b>15</b> 11:00 Check In 12:00 Lehman's Field Trip ♥ <b>Pack a Lunch</b> <b>Sign Up Required</b> 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>16 Peer Support Day</b> <b>10:30 Peer Support Meeting</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools  <b>6:00 Writing for Wellness</b>	<b>17</b> 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	<b>18</b>
<b>19</b>	<b>20</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Sleep Health ♥ 3:00 Goal Setting <b>5:00 Zoom DBSA</b> <b>6:30 Holmes County FSG</b>	<b>21</b> 11:00 Check In 12:00 <b>Canton Museum of Art</b> <b>Pack a Lunch</b> <b>Sign Up Required</b> <b>No Other Programming</b>	<b>22</b> 11:00 Check In 12:00 WCH Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>23</b> <b>10:00 SPC Meeting</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connections 3:00 Recovery Tools  <b>6:00 Board Meeting</b>	<b>24</b> 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Hickory House Recovery 2:00 Winning Against Relapse 3:00 Self-Care	<b>25</b>
<b>26</b>	<b>27</b> 11:00 Check In 12:00 Basic Fitness ♥ 1:00 DBSA 2:00 Sleep Health ♥ 3:00 Goal Setting  <b>5:00 Zoom DBSA</b>	<b>28</b> 11:00 Check In 12:00 Art with Judy 2:00 Women in Recovery 2:00 Men in Recovery 3:00 Journaling  <b>5:30 PALS Meeting</b>	<b>29</b> 11:00 Check In 12:00 Art with Bethany 2:00 Recovery Work Group 2:00 Schizophrenia/Affective Disorder Group 3:00 Life Skills	<b>30</b> 11:00 Check In 12:30 Yoga with Brooke ♥ 2:00 NAMI Connection 3:00 Recovery Tools	<b>31 Fall Festival Party</b> 11:00 Check In 11:30 Lunch on MOCA 12:30 Spirituality & Prayer 1:00 Winning Against Relapse 1:00 Games 2:00 Pumpkin Decorating	



## September 8<sup>th</sup> is 988 Day

(from <https://988lifeline.org/988-day/>)

"988 Day is a Day of Action held annually on 9/8. This year's theme is 'Compassionate Help. Anytime. Anywhere.' This theme conveys the heart of what 988 is all about—empathy, accessibility, and reliability. Our network of more than 15,000 counselors continue to help reduce barriers and stigma around seeking mental health support."

Join us in spreading awareness, reducing stigma, and making compassionate care accessible to anyone in need.



## Proclamation from Ohio House of Representatives in Honor of MOCA House

Thank you to all who helped us celebrate 15 years of MOCA House, including this special moment when Jen and Jackie received a letter from the Ohio House of Representatives, signed by District 77 Representative Meredith Craig and Speaker of the House Matt Huffman. The letter states, "MOCA House has enhanced the quality of life for countless peers and their families, and its generous contributions have earned it the gratitude and respect of the many citizens it has so capably served." We sure appreciate our leaders who are also champions for mental health peer support.



## Suicide Prevention Event

On September 25<sup>th</sup>, join us for a suicide prevention training event at the Holmes County Health District from 10am to 3pm. This suicide prevention training is for everyone 18+: gatekeepers, peer supporters, case managers, clergy, mental health advocates, and anyone that wants to be prepared when a friend or loved one is in a crisis. Professionals are welcome, but continuing education units are not provided. This training is free but pre-registration is required: <https://secure.givelively.org/event/nami-wayne-and-holmes-counties/suicide-prevention-you-can-save-a-life>



## Family Support Groups Need You!

(from <https://www.nami.org/Support-Education/Support-Groups/NAMI-Family-Support-Group/>)

"NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition." NAMI Wayne & Holmes Counties offers 2 groups—one meets on the first Tuesday of every month in Wooster and the other meets the third Monday of every month in Millersburg—both run from 6:30pm to 8pm. Our Family Support Groups need you! Volunteers—a caregiver to a loved one with a mental health condition—are needed to facilitate each group. Training is provided. To volunteer, please call the office at 330-264-1590 or email [info@namiwayneholmes.org](mailto:info@namiwayneholmes.org).



## NAMI Next Gen

NAMI Wayne and Holmes Counties is glad to let you all know that we are excited to be joining the NAMI Next Gen initiative. One of NAMI's overall guiding principles is nothing about us, without us, which is why we created NAMI Next Gen, a young adult advisory group. The group represents the voices of youth and young adults across the country and will be advising, creating, and innovating how NAMI works with youth and young adults. Throughout the year, their thoughts, opinions, and feedback will help inform the work of NAMI programs, content, initiatives, and new projects to meet young people where they are. If you are interested in being a part of this, call the office at 330-264-1590 or email [info@namiwayneholmes.org](mailto:info@namiwayneholmes.org).



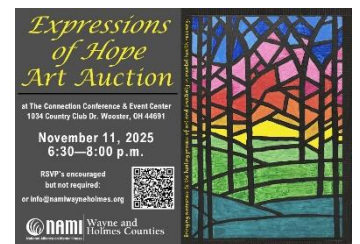
## Thank You Pallotta Ford!

NAMI Wayne and Holmes Counties is deeply grateful to Pallotta Ford for their vital support in helping us secure our new van! Their generosity reflects not just a partnership, but a lasting commitment to the people we serve. Mike and Duper, thank you for being on this ride with us—your longtime support continues to make a meaningful difference.



## Artists Among Us Wooster

Be sure to set aside time September 28<sup>th</sup>–October 11<sup>th</sup> to visit those shops and businesses displaying MOCA House peers' artwork during our annual Artists Among Us exhibit in Wooster! Watch our Facebook page for more info.



## Expressions of Hope Art Auction

You're warmly invited to the Expressions of Hope Art Auction, a powerful biennial event that celebrates creativity, resilience, and recovery. Featuring original artwork created by individuals in our MOCA House program, this event is a moving testament to the healing power of artistic expression and community support.

This event will take place at The Connection Conference and Event Center on Tuesday, November 11, 2025. The silent auction will begin at 6:30pm, and the live auction will begin at 7:00pm. Admission is free, and all are welcome! RSVPs are kindly requested. <https://secure.givelively.org/event/nami-wayne-and-holmes-counties/expressions-of-hope-art-auction-2025>



## Healthy Sleep Habits Class

Catherine Bister is a clinical social worker and certified peer supporter. She uses mindfulness and other experiential techniques to help people heal from trauma and manage the day-to-day stress that can come with major life changes. Catherine has specific training in sleep and in other wellness topics.

Plan to join us in MOCA House on Mondays in October for Catherine's free "Let's Talk @ Sleep" class at 2pm. For more information, call 330-264-1590 or email [info@namiwayneholmes.org](mailto:info@namiwayneholmes.org).

## Thank You to Our Partners

