



**NAMI Portage-Wood Counties
Officers and Board Members**

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Kristi Ahrens

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Dixie Weber

From the Editor

"That is one good thing about this world... There are always sure to be more springs." – L.M. Montgomery

Spring is a rebirth for us and all the living things that go dormant in the winter. Soon, there will be green all around us, brightening up the landscape, removing the gloom of wintertime. We will see babies born in the wild, the grass will need to be mowed and the temperatures will bring us warmer days and comfortable nights. Soon, the flowers will bloom, bringing beauty to us all as we leave the barren, cold season and move into brighter, longer days. It feels as though we have a new beginning, a blank slate to work with, as we transition like the trees do. What will you do with your clean slate? My hope is you bloom like the flower you are, spreading your beauty and bringing happiness and joy to those around you. Find people in your life that bring color, light, and smiles to your day -- nurture this garden and watch how your own joy blooms and blossoms as well, just as you deserve. Take care and know that I wish you the very best.—*Andrea*



Free *Be Kind to Your Mind* Event—May 7th

To keep Mental Health Awareness Month in the forefront, there is another event in our area focusing on mental health.

Be Kind to Your Mind will be held on May 7th from 12:00 p.m. to 3:00 p.m. at **212 Fitness**. This event is being brought to you by the Junior Women's Club and will include food trucks, wellness activities and kids crafts. NAMI Portage-Wood Counties will be there with a resource table and we hope to see you there!

Free *Mental Health Matters* Event—May 10th

May is Mental Health Awareness Month and NAMI Portage-Wood Counties is hosting a free community event on May 10th in honor of this month.

Mental Health Matters is a free event will be held at Piffner Pioneer Park, 1100 Crosby Avenue in Stevens Point from 5:00–8:30 p.m. Please come join us for some yummy food, great conversations that help spread awareness and end the stigma of mental health and a special guest performance by **Adam Greuel**, Stevens Point native and a member of the nationally famous *Horseshoes and Hand Grenades*.

Please help us spread the word by sharing with your friends and family. We hope to make this event amazing and fulfilling.



*Adam Greuel from **Horseshoes and Hand Grenades** will be our special guest performer on May 10!*



What is NAMI?

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization

It was started in 1979 in Madison, Wisconsin by two mothers who were looking for help with their sons. NAMI provides advocacy, education, support and public awareness for people whose lives are affected by mental illness. (www.nami.org).

The NAMI Wisconsin mission is to improve the quality of life and promote recovery for people with a mental health condition.

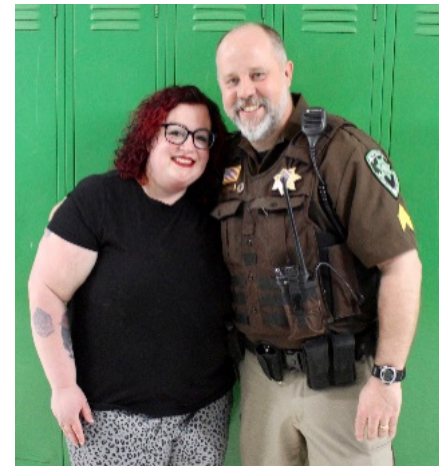
NAMI Portage-Wood Counties, our local affiliate, offers support groups for families or individuals led by trained facilitators.

We also offer classes and events that are free to the public. These are funded through memberships, donations, fundraising and grants.

CIT Training Held in March

On March 6–10 the Wood County Sheriff's Department held a Crisis Intervention Team training workshop. CIT is a community initiative designed to improve the outcomes of police interactions with people living with mental illnesses. CIT programs are local partnerships between law enforcement, mental health providers, local NAMI chapters and other community stakeholders.

The program provide 40 hours of training for law enforcement on how to better respond to people experiencing a mental health crisis. CIT is not just a training. Effective CIT programs are based on strong relationships between law enforcement, mental health care providers, families and people living with mental illness. CIT is a long-lasting, evolving partnership based on mutual goals.



Andrea Mora, NAMI Portage-Wood Counties President, and Doug Christiansen, Wood County Sheriff's Department

NAMI Portage-Wood Counties Needs You!

NAMI Portage-Wood Counties is a non-profit organization, totally managed by a twelve-person board and a small group of volunteers. Our affiliate covers three major cities, surrounding areas and smaller counties nearby that do not have their own affiliate.

Mental health and mental wellness are receiving more attention as of late, and we strive to provide what we can for our community, we are looking for volunteers to help us bring education, support and presentations to our communities. NAMI offers educational training free to members who want to help make a difference in others' lives. Perhaps you have a story to tell and share with others, maybe you have lived experience and would like to be trained as a support group facilitator or want to increase the knowledge on mental illness by becoming a teacher for one of our classes. We can also use volunteers to help at events, prepare items at home, help with resource tables and distribution of resources and advertising.

If interested contact **Lisa Piekarski at 715-572-5797** or **NAMI Portage-Wood Counties at 715-544-9653**. We would love to hear from you! NAMI's programs work on a "buddy" system, so you do not have to do this alone.

Third Monday Mental Wellness Speakers

NAMI Portage-Wood Counties along with Suicide Prevention Portage County offer a free Mental Health & Wellness Speaker on the third Monday of the month. It takes place from 6:00–7:00 p.m. in Stevens Point at our new location, the MILC building, located at 3262 Church Street in Stevens Point. Call **715-544-9653** for more information.

April 17 Wendy Seegers: Sound Healing

May 15 Jesse Portilla & Michell Losey : Coping Skills



Join a support group and take care of you!

SUPPORT GROUP for PEERS

(those living with a mental health condition)

Stevens Point

First Thursday of each month

St. Paul Lutheran Church

1919 Wyatt Avenue

6:15–7:45 p.m.

Contact:

Linda • 715-572-7135 or if you need transportation

Wisconsin Rapids

Third Wednesday of each month

United Methodist Church

441 Garfield Avenue

6:15–7:45 p.m.

Contact:

Andrea • 715-321-6672 or

Lisa • 715-630-8227

Marshfield

Fourth Tuesday of each month

Faith Lutheran Church

207 South Cherry Avenue

6:00–7:30 p.m.

Contact:

Andrea • 715-321-6672 or

Dixie • 715-897-1108

SUPPORT GROUPS for FAMILY AND FRIENDS

(those with a loved one living with a mental health condition)

Stevens Point

First Monday of each month

NAMI Family Support Group

St. Paul Lutheran Church

1919 Wyatt Avenue

(Door 3, lower level)

6:30–8:00 p.m.

Contact:

Kathy • 715-254-5452 or

Marvin • 715-592-4522

Wisconsin Rapids

Second Monday of each month

NAMI Family Support Group

United Methodist Church

441 Garfield Avenue

6:00–7:30 p.m.

Contact:

Kathy • 715-254-5452 or

Marvin • 715-592-4522

NAMI Portage-Wood Counties Offers Support

Are you living with mental illness and would like additional support from others living with mental illness? Do you have a family member or friend who lives with mental illness? Did you know that NAMI Portage-Wood Counties offers free monthly support groups to help cope and connect with others who will understand and be a listening ear?

The Peer Support Groups are for those living with their own mental illness and the Family Support Groups are for those who have a family member living with mental illness.

NAMI Peer Support Groups

These groups are led by two trained facilitators who have lived experience with a mental health condition.

Stevens Point

First Thursday of the month from 6:15–7:45 p.m.

St. Paul Lutheran School, 1919 Wyatt Avenue. Use Door 3, off the east parking lot and follow the signs downstairs. An elevator is available.

Contact: **Linda at 715-572-7135** for more information.

Wisconsin Rapids

Third Wednesday of each month from 6:15–7:45 p.m.

United Methodist Church, 441 Garfield Avenue. Use the parking lot off Garfield and enter using the door facing the parking lot.

Contact: **Andrea 715-321-6672** or **Lisa 715-630-8227** for more information.

Marshfield

Fourth Tuesday of each month from 6:00–7:30 p.m.

Faith Lutheran Church, 207 S. Cherry Avenue. Doors will be unlocked starting at 5:30 p.m. and locked at 6:30 p.m. **Contact: Dixie 715-897-1108** or **Andrea 715-321-6672** for more information.

NAMI Family Support Groups

These groups are led by two trained facilitators who have loved ones experiencing a mental health condition.

Stevens Point

First Monday of each month from 6:30–8:00 p.m.

St. Paul Lutheran School, 1919 Wyatt Avenue. Please use door 3, off the parking lot and follow the signs downstairs. An elevator is available. Contact **Kathy 715-254-5452** or

Marvin 715-592-4522 for more information.

Wisconsin Rapids

Second Monday of each month 6:00–7:30 p.m.

United Methodist Church, 441 Garfield Avenue. Please use the East parking lot and enter the rear of the building.

Contact: Contact **Kathy 715-254-5452** or **Marvin 715-592-4522** for more information.



National Alliance on Mental Illness

Portage- Wood Counties

P.O. Box 21
Stevens Point, WI 54481
715-544-9653

FIRST CLASS MAIL

Apr.-May 2023 Newsletter

Check out our website namiportagewoodcounties.org
Facebook NAMI Portage-Wood Counties, like us on Facebook and see our inspirational posts.
Call NAMI Portage-Wood Counties 715-544-9653

Your Membership Helps Support NAMI Portage-Wood Counties

Membership includes regular mailings from NAMI Portage-Wood Counties, NAMI Wisconsin, and NAMI National. Donations and membership fees are tax deductible.

Make checks payable to NAMI Portage-Wood Counties. Mail with this form to:
Linda Froehlich, Treasurer, 4309 Heffron Street, Stevens Point, WI 54481 (715) 572-7135

Date: _____

Name: _____ Organization, if applicable _____

Address _____ City _____ State _____ Zip code _____

Telephone Number: (____) _____ *E-mail Address: _____

*The NAMI Portage-Wood Counties newsletter is sent by e-mail. Check here if you would prefer to receive a hard copy

Please select your type of membership:

Household Membership \$60 Names in household: _____

Full Membership \$40 Open Door Membership \$5 Donation Only \$ _____

Please accept my \$ _____ donation in addition to my membership.