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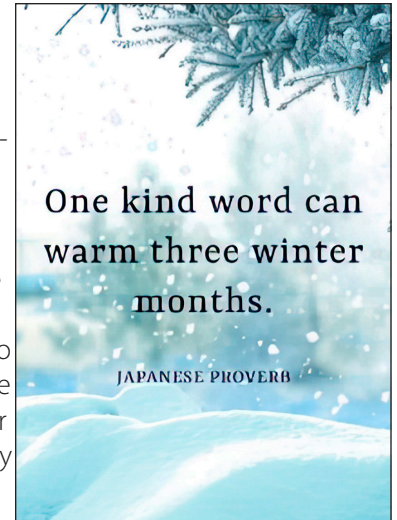
Martin Lieber

Paula Wolf

Dixie Weber

From the Editor

When we welcome December, we are welcoming the transition from warm fall days to crisp, clear nights and a snow-white landscape. We welcome the hibernation of nature and the warmth of an evening fire as we spend more time indoors with our family and friends. We also welcome the spirit of the holidays and the joy and excitement of moving into a new year. And maybe most important of all, we welcome in the opportunity to spread love and kindness to each other. Saying "Hi" to a bell ringer, holding the door open for a stranger at the gas station, donating to Toys for Tots or any of the other holiday giving opportunities we have in the community are ways we can do just this. Having a human connection to each other brings feelings of acceptance and understanding. It spreads the joy of the season and can warm the heart of anyone you touch. Let's remember to love one another and be the love we want to see in this world. Happy Holidays to you and your loved ones.—*Andrea*



NAMI Portage-Wood Invites You to the Annual Holiday Party!

You are invited to the NAMI Portage-Wood Counties annual Holiday party, to be held Monday, December 19 at St. Paul Lutheran Church, 1919 Wyatt Avenue in Stevens Point from 6:00–8:00 pm. Come join the fun as we decorate cookies, sing holiday carols and play bingo for prizes. A free meal will be served.

There is no charge for this event, and reservations are not necessary. Bring a friend, and we'll see you there!



Supporting Our Officers

NAMI Portage-Wood Counties recently provided some resources on mental health to our law enforcement agencies in Wood and Portage Counties as part of our campaign to support the mental health of our law enforcement as they support the mental health needs in our community when responding to calls. We were able to snap a picture of our co-secretary and Stevens Point Police Department officer Kristi Ahrens with one of the books we provided titled *Emotional Survival For Law Enforcement*. We thank our local law enforcement for their hard work and all they do to support the individuals living with mental illness they encounter each day.

*Kristi Ahrens, Stevens Point Police Department
NAMI Portage-Wood Counties Co-Secretary*





nami

**Portage-
Wood Counties**

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.

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? 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 mental illness.

Stevens Point: First Thursday of the month from 6:15 p.m.–7:45 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: **Linda 715-572-7135** for more information.

Wisconsin Rapids: Third Wednesday of each month from 6:15 p.m.–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 Wednesday of each month from 6:00 p.m.–7:30 p.m.

Faith Lutheran Church located at 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

Stevens Point: First Monday of each month from 6:30 p.m.–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 p.m.–7:30 p.m.

United Methodist Church, 441 Garfield Avenue. Use the east parking lot and enter from the back of the building.

Contact: **Carrie 715-323-4437** or **Dorie 715-459-1568** for more information.



From NAMI Portage-Wood Counties!



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 Wednesday 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:

Carrie • 715-323-4437

Dorie • 715-459-1568

Fourth Monday Mental Health Speaker

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

The next meeting will be held on **Monday, January 16**. Our featured speaker will be Aimee Burazin, School Psychologist for the Stevens Point School District. Her presentation is titled ***Mental Health and Trauma, Behavioral Strategies for Complex Youth.***

Time will be provided for questions following her talk.



Aimee Burazin

How to handle stress during the holidays

The holidays are a time of excitement and joy, but this time of year can also come with its share of stress or depression. Maintaining a positive mindset and taking care of your mental health during the holidays is not always top of mind, but it is vital to enjoying the season. Here are 5 tips to help manage holiday stress:

- 1. Maintain your healthy habits.** Continue to eat well and get enough sleep. Exercise will also be helpful for overall health and stress management.
- 2. Manage your time.** Don't over-commit. Give yourself room to breathe in between obligations. Prioritize your social gathering invites and don't be afraid to decline if it will help manage your mental health.
- 3. Lower your expectations.** Don't worry about late-arriving guests, slightly overcooked sugar cookies or finding the perfect hostess gift. Instead, focus on spending time with family and friends.
- 4. Set aside differences.** Sometimes the holidays can rekindle negative feelings among sibling, in-laws, parents and children. Try to accept them as they are. If you need a break, go for a walk, find a quiet space or call a friend.
- 5. Stay mindful.** Be present in the moment; feel grateful for a warm home, family, friends, money to buy food and your physical health. Enjoy your favorite holiday meal, listen to music, relax and have fun.

NAMI Family to Family Class Planned for March 2023

NAMI Portage-Wood Counties is planning to hold a **Family to Family** class for those with a loved one experiencing a mental health condition. This eight-week class is designed to increase understanding about mental illness and advocacy skills while also helping participants to maintain their own well-being.

This program is taught by trained family members who have a loved one with a mental health condition. Exact dates and location will be announced soon—if you would like to be notified when the details are announced, call **Carrie at 715-323-4437**.



Portage- Wood Counties

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

FIRST CLASS MAIL

Dec.-Jan. 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.