

**NAMI Portage-Wood Counties
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From the Editor

Autumn is in full swing and the leaves are letting us see how beautiful it is to let go. Some embrace this time of year, while others start to struggle with the fading daylight, cooler temperatures and gray days. In these times, we can trust in those around us who support us, uplift us and love us as we are. Life is a journey, and sometimes depression feels like it's broken us open. In the darkest moments, we see a part of ourselves shining through the cracks. I know how depression can cover everything in a fog of despair. But in those moments, we have to remember Leonard Cohen's words:

"There is a crack in everything, that's how the light gets in."

Wishing you the very best,

Andrea



Healing Minds and HeARTs Event

Join NAMI Portage and Wood Counties as we host the **Healing Minds and HeARTs** event on October 18 and 19 at the Chestnut Center for the Arts in Marshfield. Friday evening will showcase speakers, performances and an art exhibit.

The program runs from 6:00–7:30 PM and the art exhibit runs from 7:30–8:30 PM. Saturday will have another program, more art, community partners, activities, free lunch and more! It runs from 10:00 AM–4:00 PM. Come join us for a bit...or stay for the whole event! This event is free, and all are welcome.

We would like to acknowledge our board member **Dixie Weber**, who has been integral in the planning of this event. It is sure to be amazing and you won't want to miss it! Please visit our website for more information.



NAMI Portage and Wood County Annual Meeting

Every October, NAMI Portage and Wood Counties holds our annual meeting. This year's meeting is October 28 from 6:00–8:00 PM at St. Paul's Lutheran School located at 1919 Wyatt Ave in Stevens Point. The meeting is open to all, and a free light supper will be included. We will be sharing some highlights from this past year as an affiliate, hosting an activity, and appointing the board members and officers up for re-election. This is a wonderful way to see what we are up to, how we are impacting our communities, meet your peers and learn how to get involved. Please join us!