



NAMI Portage-Wood Counties Officers and Board Members

President:

Andrea Mora
Wisconsin Rapids
715-321-6672
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Vice President:

Samantha Varga
Plover
715-347-6001

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Linda Froehlich
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(715) 572-7135
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Co-Secretaries:

Kristi Ahrens
Paula Wolf
Stevens Point

Board Members:

Marvin Lutz
Andrea Mora
Sam Varga
Linda Froehlich
Kathy Hartman
John Hartman
Kristi Ahrens
Lisa Piekarski
Martin Lieber
Paula Wolf
Dixie Weber

From the Editor

Summer can be a magical time, filled with both light and dark. There is a balance of calm and tumultuous, just as life tends to be.

"Turn your face to the sun and the shadows will fall behind you." This speaks to me because there is something so wonderful about a bright, sunny day. It seems to boost the mood of many people and provides the vitamin D that our bodies need. We can let the darkness fall behind us and move forward into the warmth and brightness. We can allow the happiness in because we deserve the happiness.

"The most beautiful skies come after the worst storms." This also speaks to me as we must weather storms in life as well. Our days will not always be sunny and bright, but when the storm is over, the sky will be the most beautiful sky you've ever seen. The storm may last for moments, may last for days, may last for years even. But the storm will end, and you'll see all the beauty that was building behind it. My hope for you this summer is that you shine, grow, stand up if you fall and allow your beauty to show, for you are amazing and deserve the very best life has to offer. Take great care,

—Andrea

MAY THIS SUMMER BRINGS YOU

- Strength to heal the past wounds
- Excitement to dance in the rain
- Courage to love someone deeply
- Urge to be your better version
- Curiosity to explore the world
- Belief that better days are ahead

OurMindfulLife.com

Free Mental Health Matters Event—May 10th

We held our Mental Health Matters Event back on May 10th and it was a spectacular event! So many of you joined us for food, laughs, music and more, and we loved having you. We made some special connections, received some wonderful donations, curated some new volunteers and welcomed other community members in to speak with the attendees as well.

We want to give a special thanks to our musical guest, Adam Greuel, for his wonderful performance. Thank you to all who joined us this year...and we can't wait to see you NEXT YEAR!



Nami Portage-Wood Counties board members with special guest singer Adam Greuel. Front: Kristi Ahrens, President Andrea Mora, Paula Wolf. Back: Lisa Piekarski, Dixie Weber, Kathy Hartman, Adam Greuel, Samantha Varga, Linda Froehlich and John Hartman.



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 Annual Meeting To Be Held

Our NAMI Portage-Wood Counties Annual Meeting will be held on October 23, location TBD. We have a few board positions up for renewal and will be accepting nominations in the coming months. Do you know someone who would make a great board member? Would you like to be on the board? Please start thinking about who a great addition to our board would be and look for more information in our next newsletter on how to nominate!

The Power of Introspection!

"Knowing yourself is the beginning of all wisdom" —Aristotle

Introspection is the act of looking inwards to examine one's own conscious thoughts and feelings. Practicing introspection has benefits like improved problem solving, better mental health, more self-compassion, greater ability to confront fears and enhanced future planning. In a workplace setting, it can lead to enhanced professional skills. Introspection is a form of self-reflection, so sometimes you may have more success in a quiet space to ensure you can explore your feelings privately, without distraction. Journaling is also a wonderful option. The most important thing is that you do what makes you happiest and will ensure your success.

Monthly Mental Wellness Speaker

NAMI Portage-Wood Counties along with Suicide Prevention Portage County offer a free Mental Health & Wellness Speaker on the 3rd Monday of the month. It takes place from 6p-7p 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.

June 19 – Dr. Umesh Vyas: Self-Help

July 17 – Michelle Nelson: Anxiety and Somatic Symptoms

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 strictly runs off volunteers, as we have no paid staff, so we are dependent on those that choose to donate their time to us. Our affiliate covers three major cities, surrounding areas and smaller counties nearby that do not have their own affiliate.

As you know, mental health and mental wellness are receiving more attention in our world today, and we strive to provide what we can for our community to help support this. We are looking for volunteers to help us bring education, support, and presentations to our communities. NAMI offers free educational training to members who want to help make a difference in others' lives.

Perhaps you have a story to 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.



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 illness.

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

June–July 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.