

## NAMI Portage-Wood Counties Officers and Board Members

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Wisconsin Rapids  
715-321-6672  
namiportagewood  
counties@gmail.com

### Vice President:

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### Treasurer:

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Stevens Point  
(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  
Jen Moton  
Martin Lieber  
Paula Wolf  
Dixie Weber  
Aubrey Hill

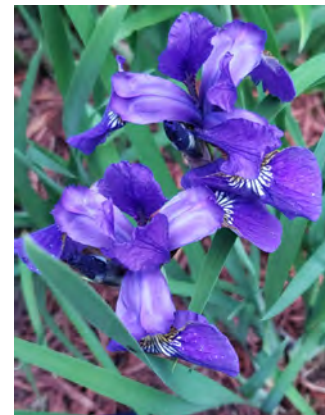
## From the Editor

*Editor Andrea Mora our NAMI Portage and Wood Counties President, is recovering from surgery so I'm helping with this edition of our newsletter. We wish Andrea a complete recovery.*

August begins our last full month of summer. A summer filled with rainy and sunny days that brought us beautiful flowers and mosquitos we needed protection from. Hot humid days when we tried to stay cool and gloomy, dark skies when we waited for the storms to pass. This summer reminds me of the journey we take when dealing with a mental illness. If you or a loved one is living with a mental illness, there is no doubt you have experienced the gloom and darkness that comes with these diseases. Each day can be different. We can use the coping skills learned to protect ourselves from outside triggers or keep our temper and temperature at a calming, comfortable level. The days and weeks can be long, filled with uncertainty. Never GIVE UP HOPE is a statement shared often in support groups with NAMI. Hope brings back those beautiful flowers, sunny skies and cooler, calmer days. I leave you with this quote from Vivian Greene that has helped me many times on my journey.

*"Life is not about waiting for the storms to pass. It's about learning how to dance in the rain."*

—Linda Froehlich



## Location Change for Wisconsin Rapids Support Groups

The monthly **Family Support Group** and **Peer Support Group** held in Wisconsin Rapids have a new location. As of August 1, these two groups will be meeting at the **McMillan Memorial Library**, 490 E. Grand Avenue in Wisconsin Rapids.

The **Family Support Group** meets next on Monday, September 10 from 6:00–7:30 p.m. and will continue to meet on the second Monday of each month.

The **Peer Support Group** meets next on Wednesday, August 20 from 6:00–7:30 p.m. and will continue to meet on the third Wednesday of each month.

We thank United Methodist Church of Wisconsin Rapids for the space they provided us over the years.

We look forward to meeting many of you at our new location and thank McMillan Memorial Library for this opportunity. Contact Kathy at 715-254-5452 for Family Support and Andrea at 715-321-6672 for Peer Support.

## NAMI Portage and Wood County Providing Resources

Portage and Wood Counties participated in Celebrate Plover Business Expo on Saturday, July 27 providing mental health resources to the community for the second year. Thanks to all who stopped at the NAMI table to reconnect, share stories or pick up resources.

On September 7 our President Andrea Mora will be speaking at the Columbia County Prevent Suicide Coalition Walk for Hope. We are thrilled for her to have this opportunity to make a difference.

Join NAMI Portage and Wood Counties at the 18th Annual **WALK for HOPE** as we support

(next page)

## 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.*

(con't.)

Prevent Suicide Portage County on Saturday, September 14 at Lake Pacawa in Plover. The walk provides hope in preventing suicide, remembers those we have lost, creates awareness of mental illness and helps to end the stigma. For details and registration information, **see bottom of next page.**

On Saturday, September 21, NAMI Portage and Wood Counties will once again be at **Art in the Park** at Piffner Park from 10 a.m.– 4 p.m. Stop by our tables to Paint Rocks for Mental Health Awareness. Last year, youth in our community painted over 200 rocks to support mental illness and help to end the stigma associated with these diseases. It is truly a joy to sit with the young children as they paint and share. We are looking for volunteers to help at this event. Contact Lisa at 715-572-5797.

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## Mental Health Wellness Speakers

NAMI Portage and Wood Counties along with Prevent Suicide Portage County offer a free Mental Health Wellness Speaker on the third Monday of every month from 6 to 7 pm at Midstate Independent Living Consultants, 3262 Church Street.

As the school year approaches you may find the August 19 speaker helpful, as **Angela Voss** presents *Promoting Positive Mental Health & Resiliency in Youth*.

On September 16 **Tonya Callahan** and **Katie Haupt** of Occupational Development Center will share with us *Mental Health 101*.

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## Wellness Within Reach: A Mental Health Day Gathering in Wisconsin Rapids

On Thursday October 10, from 5:00–7:00 p.m., NAMI Portage–Wood Counties will host a community gathering in honor of **World Mental Health Day** at Helen's House, 1921 Gaynor Avenue in Wisconsin Rapids/Wood County. Join us for a light meal and beverage, and perhaps a stroll through the petting zoo. Listen to our guest speaker Kenneth Farmer, a Stevens Point resident and author of new memoir, "**Lee**". Meet the board of NAMI Portage and Wood Counties and learn what we offer for support, education and resources. Connect with other community organizations in your area. We look forward to this opportunity to get to know you.

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## NAMI Portage and Wood Counties Annual Meeting Scheduled

Our Annual Meeting will be held on Monday, October 28 from 6:00 to 8:00 p.m. at St. Paul Lutheran School, 1919 Wyatt Avenue in Stevens Point.

Please join us for a potluck as we gather to recap the past year of events and meet the new board Members. Watch for more information to come to your mailbox and our website.

## 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

McMillan Library

490 East Grand Avenue

6:00–7:30 p.m.

#### Contact:

Andrea • 715-321-6672 or

Sammie • 715-203-3073

#### Marshfield

Fourth Tuesday of each month

Faith Lutheran Church

207 South Cherry Avenue

6:00–7:30 p.m.

#### Contact:

Suzanne • 715-712-2196 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

McMillan Library

490 East Grand Avenue

6:00–7:30 p.m.

#### Contact:

Helen • 715-213-6678

Kathy • 715-254-5452

## Social Media

We have created social media pages on Facebook, Instagram and TikTok to help bring the community these things. Please give us a like, follow and share on all our platforms:

**Facebook:** @NAMIPortageandWoodCounties

**Instagram:** @nami\_portagewoodcounties

**TikTok:** @nami\_portagewoodcounties

NAMI Portage and Wood Counties website is [namiportagewoodcounties.org](http://namiportagewoodcounties.org). Take a look at our apparel for sale.

This and previous bi-monthly newsletters can be viewed on our website—[namiportagewoodcounties.org](http://namiportagewoodcounties.org).

## Newsletter Recipient Updates

As our NAMI Portage and Wood Counties community continues to grow, we want to be certain we are reaching the people who have requested our newsletter. This bi-monthly newsletter is distributed to almost 1000 individuals.

Over 200 newsletters are mailed via the postal service. The newsletter keeps you informed on what is happening and where you can find support. If you no longer desire to receive this newsletter or would like to change the method in which you receive it, please send an email to [namiportagewoodcounties@gmail.com](mailto:namiportagewoodcounties@gmail.com) with any changes.

## Membership Recruitment

NAMI Portage and Wood Counties is a non-profit organization supported by memberships, donations and fundraising.

A portion of each yearly membership stays locally to support our affiliate and the work at NAMI Wisconsin and NAMI National. Memberships include helpful publications from all three entities. Donations and memberships are tax deductible. Please consider becoming a NAMI member for our affiliate, information is on the back of this newsletter.

## 18<sup>th</sup> Annual Walk For Hope Scheduled for September 14

Prevent Suicide Portage County will be holding a 5k walk on Saturday September 14 at Lake Pacawa in Plover. Registration begins at 9:00 a.m. with the walk to follow. Registration fee is \$20 and includes a t-shirt if registered by August 16. Register at <https://bit.ly/WalkforHope2024Registration>. (This URL is case sensitive.) or scan the QR code below with your camera phone. z





Portage-Wood Counties

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

FIRST CLASS MAIL

Aug-Sept 2024 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.

18TH ANNUAL

# walk for hope



SATURDAY, SEPTEMBER 14TH, 2024

Lake Pacawa  
1831 Maple Dr  
Plover, WI 54467

9 AM Registration

10 AM Providing Hope Award  
Walk to Follow

### Registration Options

[www.SuicidePreventionPortageCounty.org](http://www.SuicidePreventionPortageCounty.org)

<https://bit.ly/WalkforHope2024Registration>



Or simply scan  
the QR code with  
your phone!

\$20 per person – 14 years and older  
Includes one shirt if registration  
received prior to August 16th!



Promoting suicide prevention and mental  
health awareness in Portage County.



Facebook Event

**Shout out to our AMAZING sponsors!**

Registration fee scholarships may be available by request\*