

**NAMI Portage-Wood Counties  
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**From the Editor**

Spring is upon us and it is one way that nature shows us how beautiful it is to start over. The earth comes alive again, trees and flowers bloom, the sun’s rays feel stronger and you can actually smell the air getting warmer and the wind changing. Gone are the frigid, barren days of Winter as we welcome the changes that are in store for us.

We can use nature as a reminder to ourselves that it is ok for us to change, too. To re-awaken the fire within us that drives us to be the best version of ourselves. To bloom and grow just as the grass and trees do, to let our light and warmth shine like the sun and to freshen our outlook just as the landscape does. My hope for you is that you take a moment to enjoy the beauty of a new beginning and soak it all in, for you deserve the best.

—Andrea



**Mental Health Matters Event**

NAMI Portage and Wood Counties is back again this year with our *Mental Health Matters* Event in honor of **Mental Health Awareness Month!** This year we are partnering with **Prevent Suicide Portage County**, and we are so happy to bring this fun and supportive event to our communities. *Mental Health Matters* will take place on Wednesday, May 15<sup>th</sup> at the Pffifner Building in Stevens Point from 4:30–8:00 p.m.

Local singer and *Horseshoes and Hand Grenades* member **Adam Greuel** is joining us again this year with a special performance! There will be free food, entertainment, resource tables to check out as well as many activities to take part in. The theme for this year’s awareness month is “movement”, so we will be featuring some free yoga sessions between 5:00 and 6:00 outside the Pffifner Building, weather permitting.

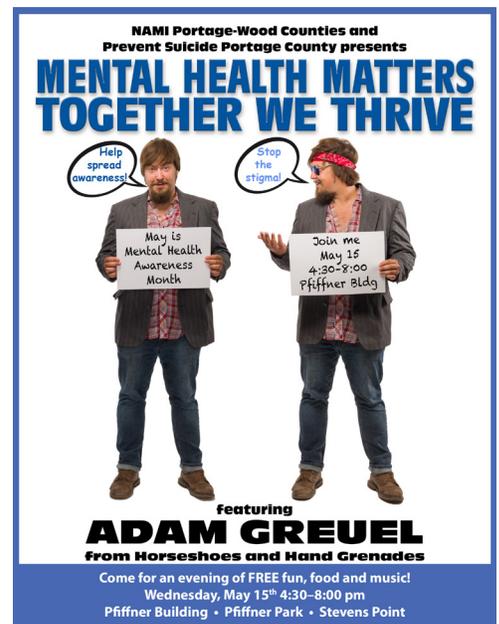
In preparation for our event, we are holding a tshirt/hoodie campaign, featuring our event title, “*Mental Health Matters*”. To order yours, scan the QR code below and head right over to our campaign site, or go to this URL:

<https://www.bonfire.com/mental-health-matters-apparel-2/>

So mark your calendars and come see us on May 15<sup>th</sup> at the Pffifner Building in Stevens Point from 4:30-8:00 p.m. to have some fun and help us carry out our mission to educate,



advocate and support mental health and mental illness in our communities. Don’t forget to wear your shirt, and we hope to see you there!



## 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 Wisconsin Annual Conference to be held in Rothschild

NAMI Wisconsin's Annual Conference will take place Friday, April 26<sup>th</sup> and Saturday, April 27<sup>th</sup>, right here in Central Wisconsin! The conference will be held at the **Central Wisconsin Convention & Expo Center** in Rothschild.

The NAMI Wisconsin Annual Conference is an event organized by the Wisconsin chapter of the National Alliance on Mental Illness. It is a gathering that takes place once a year and aims to bring together individuals, families, professionals, and advocates from across the state who are interested in mental health and mental illness.

This year's NAMI Wisconsin Annual Conference theme is **Recovery, Resiliency and Hope**. The conference features two keynote speakers, 30+ workshops, exhibitors, and networking opportunities, all focused on raising awareness, providing education, and promoting support and recovery for individuals and families affected by mental illness.



## Be Kind to Your Mind Event

The Stevens Point Junior Woman's Club is holding their "**Be Kind to Your Mind**" event again this year on May 5<sup>th</sup> from 11 a.m.–2:00 p.m. at Steel King, 5233 Coye Dr. in Stevens Point. This is a free community event with food trucks, bounce houses, kids activities, mental health providers and community advocates and wellness activities. Stop by and check it all out...and drop by the **NAMI Portage and Wood Counties** table and say hi!

## NAMI Portage-Wood Counties Needs You!

NAMI Portage and Wood Counties is a non-profit organization, managed by a twelve person board and a small group of volunteers. Our affiliate covers three major cities, surrounding areas as well as 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 free educational training to our 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 and Wood Counties at **715-544-9653**. We would love to hear from you!

## 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

6:00–7:30 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

United Methodist Church

441 Garfield Avenue

6:00–7:30 p.m.

#### Contact:

Helen • 715-213-6678

Kathy • 715-254-5452

## Social Media

In today's world, the power and relevance that social media has is undeniable. This provides NAMI Portage and Wood Counties a big opportunity to reach those that need messaging and content about mental health and mental illness as they travel along on their mental health journey.

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



## Monthly Mental Health Speakers

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

Many who attend say this was their first experience with NAMI and the first time they felt like people understood them and what they were dealing with. Long lasting friendships have been made here on a Monday night. We hope to meet you at one of this year's speakers.

### Upcoming Speakers:

**April 15:** Chris Nemitz, MS, ODC—*My Four Pillars of Mental Health*

**May 20, 2024:** Stephanie Werch—*Make It Okay* Presentation

## NAMI Portage-Wood Counties Offers Mental Health 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.

The **Family Support Groups** are for those with a family member or loved one living with mental illness.

Monthly meetings are held in Stevens Point, Wisconsin Rapids and Marshfield. The schedule and locations are listed in the tan sidebar to the left.

If you or your family member is currently in crisis, it might take courage to come to a meeting for the first time. But there you will find others who share similar experiences and who understand and will listen to you. You are not alone!



National Alliance on Mental Illness

# Portage- Wood Counties

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

**FIRST CLASS MAIL**

**April–May 2024 Newsletter**

Check out our website [namiportagewoodcounties.org](http://namiportagewoodcounties.org)  
Facebook NAMI Portage-Wood Counties, like us on Facebook and see our inspirational posts.  
Call NAMI Portage-Wood Counties 715-544-9653

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## 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.