

**NAMI Portage-Wood Counties
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From the Editor

Spring brings with it a sense of renewal and hope; a gentle reminder that even after the darkest and coldest seasons, growth and light always return. The longer days, the warmth of sunshine, and the blooming of flowers can offer a natural lift to our mood and energy levels. For many, spring feels like a fresh start, encouraging us to step outside, breathe deeply, and reconnect with the world around us. Nature's transformation mirrors our own capacity for healing and change, reminding us that mental health is a journey, not a destination, and that new seasons bring new opportunities for self-care and reflection.

On a deeper level, spring symbolizes resilience—the way dormant trees blossom again and gardens rise from frozen soil can reflect our own inner strength. It's a time to shed what no longer serves us, to plant seeds of intention, and to cultivate peace, connection, and clarity. Whether it's taking a mindful walk, starting a new routine, or simply pausing to listen to birdsong, spring invites us to slow down and embrace the present moment. In the beauty of this season, we are gently reminded that growth is always possible; even if it happens quietly, one day at a time. Always remember, you are not alone.

—Andrea

March Mental Spring Clean

Dump unrealistic goals

Quit plans that don't work

Cut off toxic people

Stop being everywhere for everyone

Let go limiting beliefs

NAMI Wisconsin Annual Conference

Eight dedicated members of the NAMI Portage and Wood Counties Board will be attending the NAMI Wisconsin State Conference on April 25th and 26th. This annual conference brings together individuals from across the state who are passionate about mental health — including peers, family members, providers, and advocates. It offers a powerful opportunity to hear from inspiring speakers, participate in educational sessions, and connect with others working to improve mental health care and awareness in their communities.

Our board members are honored to represent our local affiliate at this statewide event. They look forward to bringing back new ideas, resources, and inspiration that will help strengthen our programs, outreach, and advocacy here in Portage and Wood Counties. Investing in continued learning and connection is essential to advancing our mission — and we're excited for what this experience will bring to our local efforts.



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.

Join Us At Our May Event!

NAMI Portage and Wood Counties is excited to announce our third annual *Mental Health Matters* event on May 7th at the Pfiffner Building in Stevens Point from 5:00–8:00 p.m. This free, family-friendly evening is all about bringing our community together to raise awareness, celebrate advocacy, and share support around mental health.

Join us for an uplifting night filled with free food, live entertainment, fun activities, resource tables, door prizes, and so much more. Whether you're looking to learn, connect, or just enjoy a supportive atmosphere, there's something for everyone. Let's come together to show that mental health matters — in our homes, in our schools, in our workplaces, and in every corner of Portage and Wood Counties. We can't wait to see you there!

MENTAL HEALTH MATTERS:

COMMUNITY IN ACTION

May 7th, 2025 5pm-8pm @ The Pfiffner Building

Pfiffner Park, Stevens Point

Community Meal

Entertainment

Presented by



Raise Your Voice Club

The NAMI *Raise Your Voice Club* is a student-led, peer-support and advocacy group affiliated with the National Alliance on Mental Illness (NAMI). It's designed for high school and college students who are passionate about mental health awareness, education, and reducing the stigma surrounding mental illness. These clubs create safe, inclusive spaces where students can talk openly about mental health, share experiences, and learn how to support themselves and others.

Raise Your Voice Clubs empower students to lead mental health initiatives in their schools and communities — whether it's through hosting awareness events, inviting guest speakers with lived experience, organizing mental health campaigns, or participating in volunteer opportunities. The goal is to foster understanding, build supportive peer networks, and advocate for mental health resources both locally and beyond. Ultimately, the *Raise Your Voice Club* is about creating a culture where mental health is talked about with compassion and respect—not silence or shame.

We are so proud that SPASH has had a club for two years, Ben Franklin started one at the end of 2024 and PJ Jacobs started this Spring 2025. Interested in getting a club started at your school within Portage and Wood Counties? Reach out to us!

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

Free Monthly Mental Health Meetings

NAMI Portage and 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 6:00–7:00 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.

Here is a listing of the speakers for the remainder of 2025:

The 2025 MENTAL HEALTH WELLNESS GROUP INVITES YOU TO JOIN THEM

The 3rd Monday of Each Month: 6:00 P.M. – 7:00 P.M.

Midstate Independent Living Consultants

3262 Church Street, Stevens Point, WI

Open To The Public

April 28 th	Bryar Drexler -	Mental Health and Substance Use (Ripple Effects)
May 19 th	MILC -	Advocacy
June 16 th	Stacy Nova (Noble) -	Medications Used In Treatment
July 21 st	Andrea Mora -	5 Steps To Living Well With Mental Illness
August 18 th	Gretchen Hintz -	Parenting Coping Skills
September 18 th	Morgan Grassl -	Coping Skills Managing Anxiety
October 20 th	Melissa Niedfeldt -	Self-Care (Mindfulness)
November 17 th	Ken Farmer -	The Legal History of The Mental Health System in WI





Portage and Wood Counties

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

FIRST CLASS MAIL

May-June 2025 Newsletter

Check out our website namiportagewoodcounties.org
Facebook NAMI Portage-Wood Counties, like us on Facebook and see our inspirational posts.
Call NAMI Portage and Wood Counties 715-544-9653

Your Membership Helps Support NAMI Portage and Wood Counties

Membership includes regular mailings from NAMI Portage and Wood Counties, NAMI Wisconsin, and NAMI National. Donations and membership fees are tax deductible.

Make checks payable to NAMI Portage and 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 and 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.