



**NAMI Portage-Wood Counties
Officers and Board Members**

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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

As we approach the end of summer and work our way into Fall, I'd like to take a moment to relish the August sun, cooler nights and looking to what September will bring us. I like to think of August being the Sunday of summer. There is closure as we move through August and into September. Labor Day will approach soon, and the final chapter of our summer journey will be complete.

For some, the end of summer brings feelings of sadness while for others, it brings feelings of happiness and excitement. If you are struggling with the thought of summer ending, just remember, the summer sun will fade, but the memories will last forever. Whatever you're feeling about the changing seasons to come, I wish you the very best and hope you find the peace and comfort you deserve. Take great care,

—Andrea

NAMI Portage-Wood Counties Annual Meeting

Our NAMI Portage-Wood Counties Annual Meeting will be held on October 23, 2023, from 6:00–8:00 p.m. at St. Paul's Lutheran school. The address is 1919 Wyatt Avenue in Stevens Point. We have a few board positions up for renewal and will be accepting nominations until August 21st!

If you or someone you know would make a great addition to our Board of Directors, please submit your nomination by email to paulawolf77@gmail.com. Our annual meeting is open to the public and if you have any questions, please reach out to our NAMI line at 715-544-9653.

Place of Peace Meal

On July 20, NAMI Portage-Wood Counties sponsored and served a wonderful meal for the *Place of Peace Community Meal*. This meal is open to anyone in the Stevens Point/Plover area and each week is served by different organizations and groups. We were honored to be the sponsors for that night and are so grateful for the ability we have to work within our community to reach people who need us.



Important Events Coming Up

NAMI Portage-Wood Counties will be at the *Rafters* game on August 12! The entire night will be focused on mental health and we are so excited to be a part of it! The game starts at 6:35p.m. and it is the season-ender, so it is sure to be packed! A 50/50 raffle will also be held.

Prevent Suicide Portage County is holding their annual *Walk For Hope* on Saturday, September 9 at Lake Pacawa in Plover! Registration starts at 9:00 a.m. and the walk starts at 10 a.m. Visit suicidepreventionportagecounty.org for more information and to register.

Art in the Park is being held on September 16 from 10:00 a.m.–4:00 p.m. at Piffner Park. Stop by our NAMI tent for some rock painting and mental health resources!



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.

Giving Yourself Grace

Many times, when dealing with mental illness, things seem “wrong”. You’re not “doing well enough” or “trying hard enough” or similar thoughts. Giving yourself some grace will greatly benefit you and your mental health journey. Instead of expecting perfection, simply try your best. You’ll then know, behind a shadow of a doubt, that your best is good enough.

You can give yourself grace by doing things like trying not to let yourself feel bad if you mess up. It is ok to admit you were wrong, but don’t let the guilt eat you alive. Just because you had a bad day, doesn’t mean you have a bad life. It is ok to take “you” time. You shouldn’t feel selfish for treating yourself to an iced coffee, or saying no to something that doesn’t serve you. Also, doing one thing a day you are proud of can help you feel more grace within yourself. When you feel satisfied with yourself, you are more positive and likely to pass that positivity on to others.

There are many other ways to practice giving yourself grace, but the main focus is realizing that you are real and genuine and not meant to be perfect. When you live authentically and do your best, that is your perfection.

Monthly Mental Wellness Speaker

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.

August 21– Gretchen Hintz: *Children’s Mental Health*

September 18– Dr. Desire Christiansen, MD: *ADHD*

NAMI Portage-Wood Counties Needs You!

NAMI Portage-Wood Counties is a non-profit organization, completely 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** 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 **Helen 715-213-6678** 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

Aug–Sept 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.