

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

Summer can be a challenging time for individuals with mental illness, despite the season's association with warmth and relaxation. The disruption of regular routines, such as school breaks or changes in work schedules, can exacerbate symptoms of anxiety, depression, and other mental health conditions. The increased expectation to participate in social activities and the potential for isolation if those expectations aren't met can lead to heightened feelings of loneliness and stress.

Moreover, the longer daylight hours can affect sleep patterns, contributing to mood swings and irritability. It's crucial for individuals with mental illness to establish and maintain a consistent routine, prioritize self-care, and seek support when needed. Engaging in manageable outdoor activities, staying hydrated, and setting boundaries around social commitments can help mitigate some of the season's stressors.

Recognizing and addressing these challenges can make the summer months more manageable and enjoyable. My hope for you is that you can take a moment to smell the flowers, feel the sunshine on your face, and do what works best for you to stay happy and healthy this summer, both physically AND mentally.

—Andrea



**Mental Health Matters Event**

NAMI Portage and Wood Counties partnered with Prevent Suicide Portage County, held our annual Mental Health Matters event on May 15<sup>th</sup>. Our theme this year was “*Together We Thrive*” and we sure did that! The event brought many different people from all over our counties who got to enjoy free food, resource tables, giveaways, yoga activities and entertainment. We believe this event truly touched everyone that attended, and we are so honored to be able to provide such a wonderful event for our communities.

Thank you to all who attended, including our local organizations that set up their resource tables, and **Adam Greuel** from Horseshoes and Hand Grenades! Pictured are some of our board members and volunteers, and Adam in concert.



## 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](http://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.*

## Stevens Point Pride

Join us on June 15th at the Dreyfus University Center at UWSP for **Stevens Point Pride 2024!** NAMI will have a resource table set up at this vibrant community event. Stop by, enjoy the festivities, and have some fun! We fully support the LGBTQ community and are thrilled to be involved in 2024. See you there!



## Thank You for Donations

We would like to give a big shoutout to Mid-State Roller Derby for their generous donation to NAMI Portage and Wood Counties. We are so honored to be the non-profit they chose for their home opener and can't thank them enough! NAMI Portage and Wood Counties strictly runs off donations and volunteers so when the community supports us, we can support the community.

We also had Becky Diver from Rising Phoenix Yoga & Healing hold a fundraising yoga class benefiting our affiliate. Becky has a truly wonderful business and a generous heart, so check her out!



## 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:

**June 17:** Margaret Sampey, BS and Ashley Radmer, BS (ODC) – *"The Art of Mental Health"*

**July 15:** Teri and Kurt Ellefson – *"Got Your Back App"*

## 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!



## Portage- Wood Counties

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

**FIRST CLASS MAIL**

**June–July 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.