



NAMI Portage-Wood Counties Officers and Board Members

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715-254-5452

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715-897-1108

Board meetings are held at St. Paul
Lutheran Church, 1919 Wyatt Ave.,
Stevens Point on the third Monday
of each month, 6:00–8:00 p.m.

From the Editor

I hope this newsletter finds you with abundance and hope. As we grow closer to the end of summer, we can embrace the cooler weather that will come and the beautiful changing of the leaves. There is nothing quite like Autumn in Wisconsin and the beauty is all around us. Some will be sad to see summer leave, but change is inevitable and can be quite wonderful and exciting.

—Andrea



NAMI Portage-Wood Counties Annual Meeting

This year's annual NAMI Portage-Wood Counties board meeting will be held on Monday, October 17 at the United Methodist Church located at 441 Garfield Avenue in Wisconsin Rapids.

You are cordially invited to attend this event, during which we will have a short business meeting to elect our officers and board members for 2024. This will be a great opportunity to meet other NAMI friends and board members, and see what it would be like to be a NAMI volunteer.

Immediately following the meeting we will enjoy a dinner together. There is no cost to you, but your RSVP would be appreciated. Please call 715-544-9653 to leave a message that you will be coming. We look forward to seeing you there!

New Peer Support Group in Marshfield

There is exciting news on the support group front! We are starting the Marshfield Peer Support group again, taking place the fourth Wednesday of each month. The first meeting will take place on August 24 at Faith Lutheran Church, 207 S. Cherry Ave. in Marshfield from 6:00–7:30 p.m. More information is in the Support Groups section on page 3 of this newsletter.

988 Crisis Line Launched Nationwide

The **988 Suicide & Crisis Lifeline** (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

Walk for Hope 5K Walk Scheduled for September 10

The Suicide Prevention and Mental health Awareness Coalition of Portage County will hold the **5K Walk for Hope** on September 10 at Zenoff Park in Stevens Point. The event runs from 9:00 a.m. to 11:30 a.m. and the cost is \$20 per walker. To register or get more information, visit their website <https://suicidepreventionportagecounty.org>. The event flyer is below. This is a major fundraiser for this compassionate group as well as a time for our community to remember those we have lost to suicide.



nami

**Portage-
Wood Counties**

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 Portage-Wood Counties to be at Art in the Park

Saturday, September 17 is the annual **Art in the Park** event at Pfiffner Park from 10:00 a.m.–4:00 p.m. NAMI Portage-Wood Counties will be there with a rock painting booth! Stop by to paint a rock, take it with you for free and show your support for mental health awareness in our area. To help or if you have questions contact NAMI Portage-Wood Counties at 715-544-9653. You may also visit their website for more information:

<http://www.artintheparkstevenspoint.org>.

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's Peer Support Groups

These groups are led by two trained facilitators who have lived experience with mental illness.

Stevens Point: First Thursday of the month from 6:15 p.m.–7:45 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: **Linda 715-572-7135** or **Andrea 715-321-6672** for more information.

NOTE: Due to the Labor Day holiday, the September meeting will be held on Sept. 12th

Wisconsin Rapids: Third Wednesday of each month from 6:15 p.m.–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.

NEW!! The first Peer Support meeting for the Marshfield area will be taking place on August 24 from 6:00 p.m.–7:30 p.m. at Faith Lutheran Church located at 207 S. Cherry Avenue in Marshfield. Doors will be unlocked starting at 5:30 p.m. and locked at 6:30 p.m.

Contact: **Dixie 715-897-1108** or **Andrea 715-321-6672** for more information.

NAMI Family Support Groups

Stevens Point: First Monday of each month from 6:30 p.m.–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 p.m.–7:30 p.m.

United Methodist Church, 441 Garfield Avenue.

Contact: **Carrie 715-323-4437** or **Dorie 715-459-1568** for more information



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 Wednesday 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:

Carrie • 715-323-4437

Dorie • 715-459-1568

Fourth Monday Mental Health Speaker

NAMI Portage-Wood Counties along with Suicide Prevention Portage County offer a free Mental Health and Wellness Speaker on the fourth Monday of each month from 6:00 p.m.–7:00 p.m.

PLEASE NOTE LOCATION CHANGE: The Fourth Monday Speaker Meetings will now be held at Aspirus Hospital (formerly St. Michael's) in conference room #7 on the second floor. Please bring a mask, as it may be required to enter the hospital.

Call **715-544-9653** for more information.

August 22—Joseph Rickert will be discussing *Healthy Boundaries & Learning Your Limits*. Something to keep in your mind is to love yourself enough for set boundaries. Your time and energy are precious. You teach people how to treat you by deciding what you will and won't accept.

September 26—Wendy Seegers will be discussing the *Power of Gratitude*. "Gratitude paints little smiley faces on everything it touches" —Richelle E. Goodrich

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.

NAMI Portage-Wood Counties Needs Your Help

NAMI Portage-Wood Counties is a non-profit organization, totally managed by a twelve-person board and a small group of volunteers. Our affiliate covers three major cities, surrounding areas and smaller counties nearby that do not have their own affiliate. With the increased attention to mental illness since the pandemic we are looking for more volunteers to help us bring education, support and presentations to our communities.

NAMI offers educational training free to 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 perhaps you want to increase the knowledge about mental illness by becoming a teacher for one of our classes.

We also need 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.

Local Crisis Lines

NAMI Portage-Wood Counties is an all volunteer organization whose members share a lived experience with mental illness, either in themselves or in a loved one. We are not professional caregivers, and cannot provide advice or counseling. If you or a loved one is experiencing a mental health emergency, please dial 988. Local crisis lines are listed below.

Portage County • 866-317-9362

Marshfield • 715-384-5555

Wisconsin Rapids • 715-421-2345

Text: HOPELINE to 74174



Portage- Wood Counties

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

FIRST CLASS MAIL

Aug.–Sept. 2022 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.



walk for hope

**5K
Walk!**

**September 10, 2022 | 10 a.m.
Zenoff Park**

Walk to support suicide prevention and mental health!

**Organized by:
Prevent Suicide Portage County**

**Register online at:
<https://tinyurl.com/2p9yrn22>**

(A small service fee applies. Participants must register by August 19 to be guaranteed a shirt.)



**Use your
smartphone
camera to scan the
QR code to go to
the registration link!**

Registration Fee Scholarships
Available By Request

