


be kind.

NAMI Fox Valley Program Guide

March–June 2019



Main Office:
211 E. Franklin St., Appleton, WI 54911
www.namifoxvalley.org
(920) 954-1550 | info@namifoxvalley.org
 @NAMIFoxValley



United Way Fox Cities

Adult Peer Support & Education

Peer Support

All peer support groups are led by trained facilitators living well with mental health conditions. Registration is not required and there is no cost to participants. To view the current support group calendar, please visit: www.namifoxvalley.org/events.

New Hope Peer Groups

The following groups offer hope and empower participants (18 years & older) to improve their mental health and wellness. These peer-led groups provide support to participants as they navigate their mental health journey, while focusing on and emphasizing the well part of each person. Each group offers a warm and welcoming environment, where participants are free to share if they like or just listen.

GENERAL NEW HOPE SUPPORT | 1st & 3rd Mondays, 6–7:30 PM
2nd Tuesday of the Month, 9:30–11 AM

MEN'S SUPPORT | 4th Thursday of the Month, 6:30–8 PM

WOMEN'S SUPPORT | 4th Monday of the Month, 6:30–8 PM

WOMEN'S SPANISH LANGUAGE SUPPORT | 2nd Thursday of the Month, 5:30–7 PM

LOCATION FOR ABOVE GROUPS: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

WAUPACA NEW HOPE SUPPORT | 1st Wednesday of the Month, 6–7:30 PM

LOCATION: Waupaca Area Public Library | 107 Main St. | **Waupaca**

Young Adult Support Group

This ongoing support group, which is offered twice a month, is for young adults (18 to 26 years old) who are living with mental health conditions. The group offers a safe, supportive and confidential place where people can receive support, share knowledge, ask questions, and meet others who understand the journey of living with a mental illness.

YOUNG ADULT SUPPORT | 2nd & 4th Wednesdays, 6 PM–9 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

"Alternatives to Suicide" Support Group

"Alternatives to Suicide" allows participants (18 years & older) to talk about suicidal thoughts, feelings, or experiences without fear of being judged. Participants share their struggles, provide support for one another, and strategize about alternatives to help each other best cope with difficult life circumstances. People are encouraged to come in both times of strength and challenge; you need not be in crisis to attend this group.

"ALTERNATIVES TO SUICIDE" SUPPORT | 2nd & 4th Thursdays, 6–7:30 PM

LOCATION: Iris Place Peer Run Respite | 1213 S. Matthias St. | **Appleton**

Adult Peer Support & Education

Peer Support Continued

Spiritual Peer Support Group

The Spiritual Support Group provides a safe space for group members (18 years & older) to share how spirituality enhances their personal mental health and wellness.

SPIRITUAL PEER SUPPORT | 1st Tuesday of the Month, 6:30–8 PM

LOCATION: First United Methodist Church (Library Room)

325 E. Franklin St. | **Appleton**

Peer Education

Registration is required for education courses and there is no cost to participants. To register, please visit: www.namifoxvalley.org/education or call (920) 954-1550.

Peer-to-Peer

Peer-to-Peer is an 8-week education course and is for any adult living with a mental illness. The course provides participants with detailed information on mental health conditions. It also teaches strategies for self-care, healthy relationships and coping skills. Classes are led by trained mentors who are successfully managing their own mental health conditions.

SPRING PEER-TO-PEER CLASS | Tuesdays, May 7–June 25, 2019, 6–8:30 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

REAP: Recovery, Education and Advocacy Program

This 5-week education course is designed for adults who are living well with a mental health condition. This course provides participants with self-exploration opportunities related to recovery and mental health and wellness. Over the 5-session course, participants will develop their own "recovery action plan" that they can use should a mental health crisis occur in the future. Classes are led by trained mentors who are successfully managing their own mental health conditions.

SPRING REAP CLASS | Thursdays, March 28–April 25, 2019, 1–3:30 PM

LOCATION: Iris Place Peer Run Respite | 1213 S. Matthias St. | **Appleton**

SUMMER REAP CLASS | Tuesdays, July 16–August 13, 2019, 6–8:30 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

Teen Support

Teen Support Groups

NAMI Fox Valley teen support groups, offered in several locations in the Fox Valley and surrounding area, are designed for teens (grades 8-12) who are experiencing mental health challenges. These groups allow teens to connect with one another, share experiences, learn coping skills, and offer each other encouragement. A snack and/or meal is provided.



All support groups are led by trained facilitators. Registration is not required and there is no cost to participants. To view the current support group calendar, please visit: www.namifoxvalley.org/events.

Teens Supporting Teens | Fox Valley

BILINGUAL TEEN SUPPORT (Spanish/English) | Every Monday, 5–6:30 PM

LOCATION: Samaritan Counseling Center | 1478 Kenwood Dr. Suite 1 | **Menasha**

NEENAH TEEN SUPPORT | Every Tuesday, 4–5:30 PM

LOCATION: Gloria Dei Church | 1140 Tullar Rd. | **Neenah**

APPLETON TEEN SUPPORT | Every Wednesday, 4:30–6 PM

LOCATION: Lou's Brew Cafe & Lounge (3rd Floor) | 233 E. College Ave. | **Appleton**

GREENVILLE TEEN SUPPORT | Every Thursday, 4:30–6 PM

LOCATION: Christus Church | N1915 Julius Dr. | **Greenville**

Teens Supporting Teens | Waupaca County

CLINTONVILLE TEEN SUPPORT | 1st Monday of the Month, 4–5:30 PM

LOCATION: Clintonville High School | 64 Green Tree Rd. | **Clintonville**

WEYAUWEGA TEEN SUPPORT | 2nd Monday of the Month, 4–5:30 PM

LOCATION: Weyauwega High School | 410 Ann St. | **Weyauwega**

NEW LONDON TEEN SUPPORT | 3rd Monday of the Month, 4–5:30 PM

LOCATION: New London High School | 1700 Klatt Rd. | **New London**

WAUPACA TEEN SUPPORT | 4th Monday of the Month. 4:30–6 PM

LOCATION: Waupaca Public Library (Teen Room) | 107 Main St. | **Waupaca**

Family Support & Education

Family Support

Family Support Groups

NAMI Fox Valley Family Support Groups are for family members, caregivers and loved ones of individuals living with mental illness. All family support groups are led by trained facilitators with lived experience. Registration is not required and there is no cost to participants.

APPLETON FAMILY SUPPORT GROUP | 1st Wednesday of the Month, 6:30–8 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

NEENAH FAMILY SUPPORT GROUP | 2nd Tuesday of the Month, 6–7:30 PM

LOCATION: Gloria Dei Lutheran Church | 1140 Tullar Rd. | **Neenah**

WAUPACA FAMILY SUPPORT GROUP | 1st Thursday of the Month, 6–7:30 PM

LOCATION: Waupaca Area Public Library | 107 S. Main St. | **Waupaca**

FAITH-BASED FAMILY SUPPORT GROUP | 3rd Thursday of the Month, 7–8:30 PM

LOCATION: First Congregational Church | 724 E. South River St. | **Appleton**

Parent & Caregiver Support Group

Is your child or adolescent experiencing emotional or behavioral obstacles? We can help. Led by trained facilitators who have children living with mental health challenges, this monthly support group helps parents and caregivers discover community resources, learn coping skills and experience mutual compassion and support from others who understand their journey. Registration is not required and there is no cost to participants.

PARENT & CAREGIVER SUPPORT | 1st Thursday of the Month, 6–7:30 PM

LOCATION: Lou's Brew Cafe & Lounge (3rd Floor) | 233 E. College Ave. | **Appleton**

Family Education

NAMI Family-to-Family

Family-to-Family is an 11-week evidence-based program that provides participants (18 years & older) with a trusting and safe environment to develop the insight, skills and emotional understanding they need to support the mental health recovery of their loved one. Family-to-Family is led by trained family members of individuals living with mental illness. **Registration is required** and there is no cost to participants.

SPRING FAMILY-TO-FAMILY CLASS | Wednesdays, April 3–June 12, 2019, 6–8:30 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

SUMMER FAMILY-TO-FAMILY CLASS | Tuesdays, June 11–August 27, 2019, 6–8:30 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

NAMI Basics

NAMI Basics is a 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of, or who have already been diagnosed, with a mental illness. The course is led by a trained team with lived experience—they know what you're going through because they've been there. **Registration is required** and there is no cost to participants.

SPRING NAMI BASICS CLASS | Mondays, April 8–May 13, 2019, 6–8:30 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**



Community Trainings

Community trainings do require registration and there is a fee associated with some. To register or for more information, please visit: www.namifoxvalley.org/trainings.

Up To Me: Talking about Mental Health

This program guides individuals with lived experience, as a peer or family member, through a process of sharing their stories about mental illness and recovery. This program empowers you to make the best decision for yourself, and if you decide to share your story with others, to be ready for any unexpected responses.

DATE & TIME: Saturday, March 2 | 8:30 AM–3:30 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

Taking Care of You Series

UW Extension, in collaboration with NAMI Fox Valley, will hold 4 evening sessions in March to help individuals reduce stress and promote wellness. Taking Care of You offers practical strategies and experiences to help you deal with the stress in your life. Each week you will explore topics through small group discussion, self-reflection and activities. It is recommended that you attend all sessions if possible.

DATE & TIME: Mondays, March 4, 11, 18, & 25 | 6–8 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

NAMI Talks Speakers Bureau Training

This 3-hour training prepares a volunteer to represent NAMI Fox Valley at community presentations and resource fairs.

DATE & TIME: Thursday, March 21 | 9 AM–12 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

Creating Hope for Faith Communities Workshop

In collaboration with Samaritan Counseling Center, NAMI Fox Valley hosts a half-day training for faith communities on mental health issues. The workshop is offered in May for Mental Health Awareness Month.

DATE & TIME: Thursday, May 30 | 8–11:45 AM

LOCATION: The Grand Meridian | 2621 N. Oneida St. | **Appleton**

Youth Mental Health First Aid Training

Youth Mental Health First Aid introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent experiencing a mental health challenge. You must attend both sessions (8 total hours) to earn your certification.

DATE & TIME: Fridays, May 10 & 17 | 8 AM–12 PM

LOCATION: NAMI Fox Valley | 211 E. Franklin St. | **Appleton**

Community Mental Health for Professionals Workshop

This 1-day workshop is offered in May for Mental Health Awareness Month. Starting in March, please visit our website for more information and to view the agenda.

DATE & TIME: Thursday, May 23 | 8 AM–3:30 PM

LOCATION: Fox Valley Technical College (Room A170AB), Entrance 16 | 1825 N. Bluemound Dr. | **Appleton**

Children's Mental Health for Professionals Workshop

This 1-day workshop is offered in August. Starting in June, please visit our website for more information and to view the agenda.

DATE & TIME: August 2019 (Date TBD) | 8 AM–3:30 PM

LOCATION: Fox Valley Technical College (Room A170AB), Entrance 16 | 1825 N. Bluemound Dr. | **Appleton**



To register: Go to www.namifoxvalley.org or call (920) 954-1550.

Iris Place Peer Run Respite

Iris Place Peer Run Respite provides a safe and welcoming environment and offers an opportunity for individuals experiencing emotional distress or crisis to grow and change through the support of others with lived experience.

Free to all Wisconsin adults (18 & over) who want peer support to navigate emotional distress or crisis related to mental health and/or substance use. Iris Place:

- ✔ Offers a short-term stay (1-7 nights) in a home-like, healing environment.
- ✔ Provides hope & healing through 24/7/365 peer support.
- ✔ Is a self-directed, strengths-based, holistic respite.

Iris Place can be an alternative to a visit to the ER or hospital in times of emotional distress or crisis. Iris Place is staffed by people with lived experience who are trained to listen and support you in finding your path to wellness and recovery.

A short-term stay offers opportunities for one-on-one and group connections to explore crisis as an opportunity for growth and change. All services are voluntary and guests may come and go as they wish (including being able to go to work, school, appointments or other activities). Iris Place does not provide clinical supports like counseling, medication management or psychiatric services.

What You Can Expect During a Stay at Iris Place:

- Your own private, locking bedroom and access to shared spaces in our home. Our first floor is fully wheelchair accessible.
- Access to resources in our house and community, including art expression and wellness activities for mind, body and spirit.
- A safe, healing, trauma-informed, home-like environment with a chance to rest and relax.
- Support in developing your own vision of wellness and an opportunity to develop and take action on your plan.
- Peer Support: Find connections one-on-one or in groups with staff and other guests.

Iris Place is a program of NAMI Fox Valley funded by the State of Wisconsin Division of Care and Treatment Services.



(920) 815-3217

**Peer companions are available to talk 24/7/365.
Individuals must call first to arrange a stay.**




Iris Place Peer Run Respite | Appleton, WI
www.namifoxvalley.org/iris-place



Help Support NAMI Fox Valley!

NAMI Fox Valley's Spaghetti Dinner
Thursday, April 4, 2019 | 6–8 PM

 Sacred Heart Parish
222 E. Fremont St., Appleton

COME JOIN US!

All you can eat spaghetti, entertainment, silent auction, raffles, and more!
Adults: \$15 | Kids (6-12): \$10 | 5 & Under: Free

For more information or to purchase your tickets, visit
www.namifoxvalley.org/spaghettdinner,
email kelly@namifoxvalley.org or call (920) 954-1550.

NAMIWalks Fox Valley
Saturday, October 5, 2019
Wisconsin Timber Rattlers Stadium
2400 N. Casaloma Dr., Appleton

JOIN US TO TAKE "STEPS" TO END STIGMA
AND PROMOTE MENTAL HEALTH IN THE FOX VALLEY!



For more information or to register to walk, visit
www.namifoxvalley.org/namiwalks,
email kelly@namifoxvalley.org
or call (920) 954-1550.

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SHOW YOUR SUPPORT FOR MENTAL HEALTH
PROGRAMS IN OUR COMMUNITY!

To order "be kind" apparel, please visit www.namifoxvalley.org/shop
or contact Kelly Kumbier at kelly@namifoxvalley.org.

