

## *Celebrating our Volunteers*

Each April, National Volunteer Month brings to the forefront of our minds something that we at NAMI Fox Valley feel everyday: enormous gratitude for the dedicated volunteers who selflessly give their time, energy, and talents to support our mission.

NAMI Fox Valley's volunteers are part of the backbone of our agency. Volunteers facilitate our family support and education programs, serve as members of our NAMITalks Speakers Bureau, energetically help to bring our fundraising events to life, and everything in between. The remarkable dedication and efforts of these generous individuals plays a huge role in allowing our programs to thrive!

In a world where stigma and misconceptions often shroud discussions surrounding mental health, our volunteers also stand as beacons of hope and advocates for change. Their willingness to step forward, speak out, and extend a helping hand breaks down barriers, fosters dialogue, and promotes a culture of support. By sharing of themselves in this way, our volunteers inspire others to join us in our mission to eliminate stigma and nurture mental health recovery.

During National Volunteer Month and every day beyond, we honor and celebrate the incredible volunteers who serve as part of the heartbeat of NAMI Fox Valley. To our volunteers, we extend our deepest appreciation for your selfless service, your unwavering support, and your commitment to building a community where mental health is valued, understood, and prioritized. The difference you make is truly beyond measure!

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## *Upcoming*

### **Family-to-Family**

Tuesdays, April 30-June 18  
Via Zoom | 6-8:30 PM

[REGISTER ONLINE](#)

### **Mental Health Awareness Month Virtual Presentation: The Refugee's Mental Health Experience**

Tuesday, May 21 | 11-12:15 PM

[REGISTER ONLINE](#)

### **Hearts+Minds**

Tuesdays, June 4-July 2  
@NAMI FV | 6-8 PM

[REGISTER ONLINE](#)

# Stress Awareness Month

April is not only National Volunteer Month, but also Stress Awareness Month. This is a time to shine a light on the impact of stress on mental health and to promote strategies and resources for combatting stress. Stress is a common experience for many individuals and can be especially challenging for those navigating mental health challenges.

Below, some of NAMI Fox Valley's staff members have shared tools and tips that they use to reduce stress.

(Remember that managing stress is a personal journey, and it's important to find strategies that work best for you. Experiment with different techniques until you find the ones that help you feel calmer and more centered.)



**Vicki Rivera**

**Peer & Family Program Dir.**

"When I feel stressed, I prioritize spending time in my garden. Using my hands to help my garden flourish often calms my mind."



**Christy Sprotte**

**Parent Peer Advocate**

"When I feel stressed, I seek out social support by going on a hike in nature with a close friend."



**Morgan O'Connell**

**Marketing & Dev. Coord.**

"When I feel stressed, I find it helpful to take a few minutes to practice deep breathing exercises, focusing on inhaling calmness and exhaling tension."

## Mental Health Awareness Month Virtual Presentation: *The Refugee's Mental Health Experience*

In honor of Mental Health Awareness Month, NAMI Fox Valley has partnered with World Relief Wisconsin to offer a free virtual presentation regarding the refugee experience and the barriers associated with mental health and interventions.

*Date/Time:* Tuesday, May 21st 11:00am to 12:15pm

*Presenters:* Staff from World Relief Wisconsin - Fox Valley (Susie Brekke, Extended Services Manager; Farahnaz Asghari, Group Program Specialist; Lorraine Dunia, Group Program & Client Care Specialist)

[REGISTER ONLINE](#)

**ALTRUSA INTERNATIONAL FOUNDATION OF APPLETON  
IN COOPERATION WITH NAMI FOX VALLEY IS PROUD TO PRESENT:**

# **Mental Health Matters: A Luncheon Honoring Mental Health Awareness Month**

**THURSDAY, MAY 9, 2024, 11 AM**

**BRIDGEWOOD RESORT HOTEL & CONFERENCE CENTER, NEENAH**

Altrusa International Foundation of Appleton, WI Inc. is a non-profit service club that offers financial and volunteer support to local non-profit agencies working to meet basic needs while fostering self-sufficiency.

To celebrate National Mental Health Awareness Month in May 2024, Altrusa Appleton is proud to present the 5th "Mental Health Matters: A Luncheon Honoring Mental Health Awareness Month".



The luncheon will feature keynote speaker Ignacio Enriquez Jr., a licensed professional counselor and consultant. Ignacio has made it a life mission to empower individuals and communities in mental health advocacy. He will speak on the impact of advocacy, being an agent of change, and opportunities to be a catalyst for systemic change.

There will be raffle baskets and silent auction items to bid on prior to the luncheon speaker.

Fifty percent of funds raised from the event will be donated directly to NAMI Fox Valley. The remaining fifty percent of funds raised will support other local nonprofits through Altrusa Appleton's grants and gifts, and a scholarship for a local high school senior.

Please join us for the event on May 9! Reserve your ticket today by clicking the button below!



be kind.

[\*\*Register Here!\*\*](#)