

August Newsletter

Walk Season is Here!

NAMIWalks Fox Valley is more than just a charity event; it's a lifeline for those impacted by mental illness. This annual 5K walk is crucial for supporting NAMI Fox Valley's programs, which provide essential support, education, and outreach to individuals and families facing mental health challenges. By participating in or donating to NAMIWalks Fox Valley, you help ensure that these invaluable resources continue to be available, offering hope to those who need it most.

The significance of NAMIWalks Fox Valley extends well beyond its financial impact. It serves as a platform for reducing the stigma surrounding mental illness by bringing together community members to raise awareness. Each step taken during the walk contributes to fostering open dialogue about mental health. Your involvement plays a crucial role in encouraging those affected by mental illness to seek the support they need without fear of judgment.

We invite you to be part of this important event by registering to walk or making a donation. Your participation not only supports NAMI Fox Valley's programs but also strengthens our community's commitment to mental health advocacy. Together, we can make a significant difference, transforming how mental illness is perceived and ensuring that everyone receives the compassion and care they deserve. Join us in making NAMIWalks Fox Valley a resounding success and take a stand against mental health stigma!



NAMIWalks Fox Valley
October 5, 2024 | 9 AM
Fox Cities Stadium, Appleton

Getting involved is easy - take the first step today!

[CLICK TO REGISTER OR DONATE](#)

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[NAMIWalks Fox Valley](#)

Upcoming

Family-to-Family

Mondays, Sept. 9-Oct. 28
6:15-8:45 PM @ NAMI Fox Valley

[REGISTER ONLINE](#)

NAMIBasics On Demand

Self-paced with 3 Discussion Groups in October

[REGISTER ONLINE](#)

An Intimate Conversation on Mental Health with Author Meg Kissinger

Tuesday, September 17 | 6-8 PM
Bubolz Nature Preserve

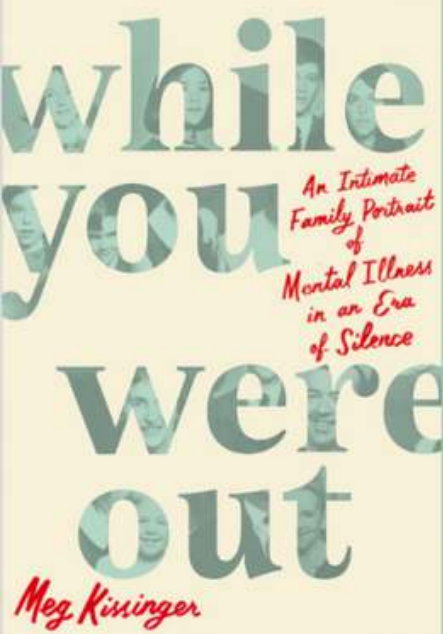
[REGISTER ONLINE](#)

Hearts+Minds

Tuesdays, Oct. 1-Oct. 29
6-8 PM | Virtually via Zoom

[REGISTER ONLINE](#)





JOIN US IN RECOGNITION OF
SUICIDE PREVENTION MONTH FOR

AN INTIMATE CONVERSATION ON MENTAL HEALTH

WITH AUTHOR MEG KISSINGER



be kind.

In recognition of Suicide Prevention Month, we are thrilled to invite you to a meaningful evening with award-winning journalist and author Meg Kissinger. Join us for a heartfelt and insightful book chat about her acclaimed memoir, *While You Were Out: An Intimate Family Portrait of Mental Illness in an Era of Silence*.

This special event offers a unique opportunity to explore the personal and societal aspects of mental illness through the lens of Meg's powerful storytelling.

When: Tuesday, September 17th, 2024 | 6:00 PM - 8:00 PM

Where: Bubolz Nature Preserve, Great Blue Heron Hall
4815 N Lynndale Dr, Appleton, WI 54913



Event Schedule

6:00 PM - 6:30 PM: Doors Open

Enjoy light refreshments while you mingle with fellow attendees and connect with community members passionate about mental health.

6:30 PM - 7:30 PM: Book Chat with Meg Kissinger

Dive deep into the themes of Meg Kissinger's book as she shares her experiences, insights, and stories behind *While You Were Out*. This engaging conversation will offer a reflective look at mental illness, family dynamics, and the importance of breaking the silence.

7:30 PM - 8:00 PM: Book Signing | Mingle

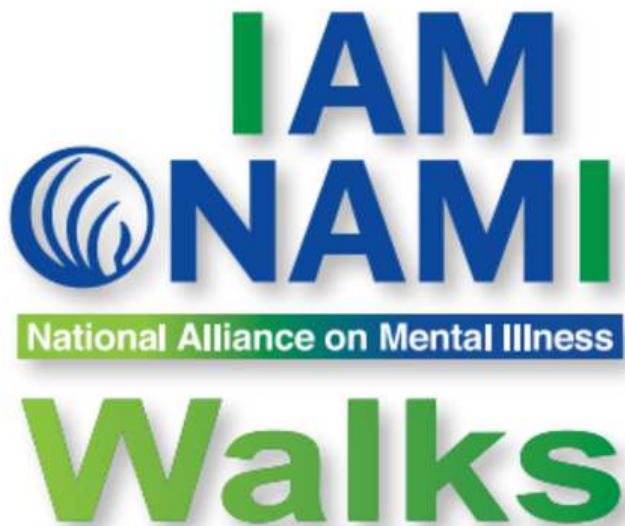
We encourage attendees to bring a purchased book for Meg to sign at the event! Her book is available for purchase at all major bookstores. Continue the conversation, share your thoughts, and connect with others who share your interest in mental health.

REGISTER TODAY!

NAMI Walks Fox Valley

Saturday,
Oct. 5, 2024 - 9:00AM

Fox Cities Stadium
Appleton, WI



MentalHealthForAll

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BOLDT



Learn more at
namiwalks.org/foxvalley

