

NAMIWalks Fox Valley 2024

NAMIWalks Fox Valley 2024 was a resounding success, with over 300 participants and 41 dedicated teams coming together to support mental health awareness and to raise funds for NAMI Fox Valley's mental health programs!

On Walk day, Saturday, October 5, the atmosphere was uplifting and the skies were full of sunshine as we gathered together at Fox Cities Stadium. Participants wore their walk shirts and brought along creative accessories, including signs and balloons, to showcase their commitment to mental health advocacy.

Before the walk kicked off, participants heard from NAMI Fox Valley Speakers Bureau member Lisa Fassbender, who shared about her personal mental health journey and reminded us all of the importance of breaking down stigma and talking openly about mental health and mental illness.

Walkers, including lots of 4-legged friends, walked a route through the nature trails surrounding the Fox Valley Stadium and around the campus of Fox Valley Technical College. Walkers who wished to do so were able to take a short detour off the route to visit the Outagamie County Cemetery, which serves as the final resting place for 133 patients of the former Outagamie County Asylum, and to learn about that part of our community's history.

Whether they were power walkers who completed the route quickly or those who took a more leisurely stroll, walkers returned energized by the meaning of the event. As they circled back to the finish line, where they were invited to share in coffee and treats, each walker received a sticker to wear all day saying, "I walked for mental health today!"

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The official fundraising target for NAMIWalks Fox Valley 2024 was to raise \$100,000 to support NAMI Fox Valley's free mental health programs. We are thrilled to report that, thanks to the efforts and generosity of our walkers, donors, and sponsors, the event has raised over \$116,000 to date (with additional Walk donations still coming in). That financial support will be critical in helping to provide robust peer and family support, peer and family education, and community outreach in the year ahead.

As we reflect on this inspiring event, we are tremendously grateful to everyone involved in NAMIWalks Fox Valley 2024. To our sponsors, participants, donors, and volunteers: thank you for helping to make this year's Walk such a great success. Together, we're breaking the stigma and fostering a community that supports and promotes mental health for all.



Top Fundraisers



Cathy Mutschler
\$7,117.00



Vivian Flanagan
\$6,166.17



Leila Pertl
\$3,800.48



Morgan O'Connell
\$3,500.00



Maren Peterson
\$3,461.93



Peter Mutschler
\$3,050.00



Tom & Ann Jadin
\$2,871.31



Helene Iverson
\$2,488.31



Kayla Timm
\$2,030.00

Top Teams



Holy Walkamolies
\$11,055.89



2MUtsCH
\$10,167.00



Appleton North Choir
\$5,850.01



Stigma Busters
\$5,072.94



Faith, Hope and Love
\$4,055.00



Sofia's Light
\$3,925.48



F2F Friends
\$2,788.31



Iris Pacers
\$1,670.57



Board Walkers
\$1,500.00

Announcing Two New Peer Groups!

NAMI Fox Valley is excited to have recently introduced two new peer support groups: a men's group and an LGBTQ+ group!

The men's peer support group, for adult men who are experiencing mental health challenges, is returning after an extended hiatus due to a staffing transition. We heard from participants how much they missed this group and we are excited to offer it once again!

The LGBTQ+ peer support group, for adults identifying as LGBTQ+ who are experiencing mental health challenges, is a collaborative program of NAMI Fox Valley and Diverse & Resilient and is co-facilitated by staff members from the two agencies. This has been a wonderful collaborative effort and we are thrilled to see it come to life!

Like all of our support groups, both of these peer-led groups provide participants with a relaxed, trusting, and safe environment to share with and support others who can empathize with their experiences. There is no need to preregister for the groups. Please feel free to join us at the dates and times listed below.

Men's Peer Support Group

What: For any adult men experiencing mental health challenges

When: Meets every 4th Monday of each month from 6-7:30 PM

Where: NAMI Fox Valley
211 E. Franklin Street, Appleton

LGBTQ+ Peer Support Group

What: For any adult identifying as LGBTQ+ experiencing mental health challenges

When: Typically meets every 4th Thursday of each month from 6-7:30 PM, but will meet on the 3rd Thursdays of November and December due to the holidays.

Where: NAMI Fox Valley
211 E. Franklin Street, Appleton

Visit www.namifoxvalley.org/peer-support-groups or scan the QR code for more information. For questions, contact Vicki Rivera, NAMI Fox Valley's Peer & Family Program Director, at vicki@namifoxvalley.org.



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