

Mental Health Matters Luncheon

Mental Health Awareness Month, celebrated each May, is just around the corner! Here at NAMI Fox Valley, one of our favorite annual traditions honoring Mental Health Awareness Month is the "Mental Health Matters" luncheon hosted by Altrusa International Foundation of Appleton in partnership with NAMI Fox Valley. This event is always a wonderful opportunity to network with mental health advocates, hear from an inspiring speaker, and strengthen mental health awareness and support in our community!



We hope you'll join us on Thursday, May 15, 2025, at 11 AM at the Bridgewood Resort Hotel & Conference Center in Neenah for this year's luncheon. The event will feature keynote speaker Uma Chatterjee, an award-winning neuroscientist and mental health advocate.

Chatterjee will share her powerful personal story, which highlights both the challenges of severe mental illness and the hope that comes from evidence-based treatment and community support.

This event is not just about awareness—it's about action. Fifty percent of the funds raised will directly benefit NAMI Fox Valley, supporting our crucial support, education, and outreach programs. The remaining funds will assist local nonprofits through Altrusa Appleton's grants and gifts, as well as provide a scholarship for a local high school senior.

Reserve your seat today and be part of the movement for mental health awareness!

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Upcoming

Peer-to-Peer

Mondays, April 21-June 16
6:00-8:30 PM
@ NAMI Fox Valley

[REGISTER ONLINE](#)

Family-to-Family

Mondays, May 5-June 30
6:00-8:30 PM
@ NAMI Fox Valley

[REGISTER ONLINE](#)

Mental Health Matters Luncheon:
Thursday, May 15 | 11 AM
@Bridgewood Hotel, Neenah

[REGISTER ONLINE](#)

EDUCATION CLASSES

COMING UP

We are excited to offer both a Peer-to-Peer course and a Family-to-Family course this spring. If you know someone who may benefit from one of these classes, please consider sharing the information with them and encouraging them to register!

PEER-TO-PEER

8-Session Class

Peer-to-Peer is a free, 8-session class for any adult individual living with a mental health condition. The program offers a relaxed, trusting, and safe environment for participants to learn about mental illness, strategies for self-care, healthy relationships, and positive coping skills.

Mondays, April 21-June 16
(No class on Memorial Day.)
6:00-8:30 PM
NAMI Fox Valley
211 E. Franklin St., Appleton

[LEARN MORE & REGISTER](#)

FAMILY-TO-FAMILY

8-Session Class

Family-to-Family is a free, 8-session education class for adult family and friends of people living with mental illness. The program offers a relaxed, trusting, and safe environment for participants to develop insight, skills, and emotional understanding to support the mental health recovery of a loved one.

Mondays, May 5-June 30
(No Class on Memorial Day.)
6:00-8:30 PM
NAMI Fox Valley
211 E. Franklin St., Appleton

[LEARN MORE & REGISTER](#)

2024 By The Numbers

At NAMI Fox Valley, we see everyday in the power of support, education, and outreach to change lives. This past year, our programs reached over 13,000 participants and attendees. Here's a look at the impact we made together in 2024.

Peer & Family Support

NAMI Fox Valley offers support groups for individuals with mental health challenges and their families, fostering understanding through shared experiences. We also partner with local school districts to support parents of children with mental health challenges, providing peer advocacy and resource connections.

2,494

PARTICIPANTS ATTENDED **340**
SUPPORT GROUP MEETINGS

69

FAMILIES SERVED IN **2** PARTNER
DISTRICTS IN THE 2023-24
SCHOOL YEAR

Peer & Family Education

NAMI Fox Valley's mental health education courses for individuals living with mental health conditions and for family members help to build participants' toolboxes for navigating their own or a loved one's mental health journey.

121

GRADUATES FROM **12** MULTI-
WEEK PEER & FAMILY
EDUCATION COURSES

Outreach & Awareness

NAMI Fox Valley's outreach team offers mental health trainings for schools, businesses, and community groups. We also engage in educational events and resource fairs to reduce stigma, educate the community, and raise awareness of available resources.

6,622

STUDENTS ATTENDED **300** K-12
CLASSROOM PRESENTATIONS

1,624

ADULTS ATTENDED **77**
PRESENTATIONS

1,930

INDIVIDUALS REACHED AT **34**
RESOURCE FAIRS & OTHER
COMMUNITY EVENTS

Iris Place Peer Run Respite

Iris Place offers stays of up to 7 nights in a home-like, healing environment for adults who are seeking peer support to navigate mental health challenges. Staff also offer peer support on a telephone warm line.

140

GUESTS STAYED AT IRIS PLACE
PEER RUN RESPITE



2,661

CALLS TO IRIS PLACE PEER
SUPPORT WARM LINE