

# DECEMBER NEWS

 **NAMI** Fox Valley  
National Alliance on Mental Illness

be kind.

## MERRY-ISH: HONORING YOUR HOLIDAY FEELINGS

Not everyone feels merry this season, and that's perfectly okay. December can be a cold, dark month, and the holidays can bring up a mix of emotions, including joy, nostalgia, stress, and even sadness. All of these feelings are



valid, and it's important to give yourself permission to experience them without judgment. Take a moment for yourself today to pause, breathe deeply, and honor how you truly feel.

If you need someone to talk to, you are never alone. Reaching out for support is a sign of strength, not weakness. Call or text 988 anytime, 24/7, to connect with trained counselors who can listen and help you through difficult moments. NAMI Fox Valley's peer run respite, Iris Place, will also be open for stays throughout the holiday season. To learn more about Iris Place, visit [www.namifoxvalley.org/iris-place](http://www.namifoxvalley.org/iris-place) and call Iris Place anytime at 920-815-3217 to explore a potential stay.

Remember, it's okay to ask for help, and it's okay to take care of yourself.

## FAMILY-TO-FAMILY



Did you know that NAMI Fox Valley offers a free, 8-session education class designed specifically for family members and close friends of people living with mental illness? This popular program provides a relaxed, trusting, and safe environment where participants can build insight, skills, and emotional understanding to better support a loved one on their mental health recovery journey.

**Join us for our upcoming Family-to-Family class, held on Mondays, January 12–March 2, 2026, from 6:00–8:30 PM at NAMI Fox Valley (211 E. Franklin St., Appleton).**

Space is limited and registration is required. For questions, please contact Vivian Flanagan, Family Program Coordinator, at [vivian@namifoxvalley.org](mailto:vivian@namifoxvalley.org) or 920-740-3499.

[Register Today](#)

“Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed.

## NAMI FAMILY CAREGIVER LINE

### NAMI Family Caregiver HelpLine

Monday Through Friday, 10:00 AM – 10:00 PM ET

The NAMI Family Caregiver HelpLine is a free, confidential service providing caregiver-led support, tools and strategies, trusted guidance, and connection at every stage of the caregiving journey.



Whenever caregiving for a loved one with mental illness feels overwhelming, a simple call, text, or email to the NAMI Family Caregiver HelpLine will connect you to a community of support grounded in lived experience.

**Call:** [1-800-950-NAMI](tel:1-800-950-NAMI) (6264) • Press "4" to connect with a skilled Family Caregiver Helpline Specialist.

**Text:** Text "Family" to 62640

**Email:** Send a message to [helpline@nami.org](mailto:helpline@nami.org).

## SUPPORT GROUP SPOTLIGHT



### LGBTQ+ Peer Support Group

Did you know that NAMI Fox Valley partners with our friends at Diverse & Resilient to offer a monthly peer support group specifically for adults who identify as LGBTQ+ and are experiencing mental health challenges?

Our LGBTQ+ Peer Support Group provides a safe and welcoming space for individuals to connect, share, and find support among others who truly understand. If this group speaks to your lived experience, we hope you'll consider joining us at an upcoming meeting.

The group meets the 4th Thursday of each month (no meeting on December 25) from 6:00–7:30 PM at NAMI Fox Valley (211 E. Franklin St., Appleton). Our next meeting will be on January 22, 2026.

No pre-registration is required! We hope to see you there!

For more information on this group and all of NAMI Fox Valley's peer support groups, visit [www.namifoxvalley.org/peer-support-groups](http://www.namifoxvalley.org/peer-support-groups) or reach out to our Peer & Family Program Director, Vicki Rivera, at [vicki@namifoxvalley.org](mailto:vicki@namifoxvalley.org).

# DONATE TODAY

Your support makes a real difference! By donating to NAMI Fox Valley, you help to provide free mental health support and education for individuals living with mental health challenges and their families. Your gift also supports community outreach that breaks down stigma and empowers everyone to more effectively identify and address mental health concerns.

Every gift, big or small, brings hope and strengthens our mission. Click below to donate today and help us continue making a positive impact on mental health in the Fox Valley.

Donate



NAMI Fox Valley | 211 E. Franklin St. | Appleton, WI 54911 US

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