

Hello Friends,

I am SO excited! I am thrilled over the moon! *Why you ask?*

The team here at MHA has been working hard on developing our first annual event, *Mindfulness*, to be held at the beautiful [Lake Orchard Farm Retreat](#) property just north of Sheboygan along Lake Michigan on **Saturday May 20th**. This event is intended to bring relaxation, renewal, and reflection for attendees with funds raised to support our Sheboygan County Mindful Classrooms initiative.

Offering a variety of sessions throughout the day, folks can sign up for a full day package (four sessions which includes lunch) or come and join for one or two. This event is for both those new to these concepts who want to discover what's all this talk about mindfulness and also for those experienced with mindfulness. We define mindfulness as paying attention on purpose, in the present moment, with kindness, curiosity and non judgement. If this doesn't quite seem like something you'd enjoy, no worries - I encourage you to join for lunch and a property tour of this amazing bed & breakfast and aquaponics farm! Our friends at [Nourish](#) (a local nonprofit providing education on local food systems, empowering the community to make wholesome food choices) will be helping us provide a mindful lunch experience and folks can stay for a property tour with Mary & Nate, owners of Lake Orchard Farm Retreat. Although, joining only for lunch you will miss out on our other mindful sessions that include mindful relationships class, meditation, yoga, community drumming circle, a mindfulness creative art session and so much more!

Registration is now open and space is limited! Please come support MHA and learn about all the cool things happening from the little agency that does BIG things!

Prior to this event, you will find us all at the 3rd annual **Mental Health and Alcohol & Other Drug Abuse Resource Fair** on the evening of Tuesday May 2nd. This important community event organized by *Healthy Sheboygan County 2020* with MHA staff helping to take the lead, will provide families, individuals, and professionals the opportunity to connect with a variety of vendors who want to support recovery and foster hope. Learn more below. (PS... we are sponsoring a poster contest for middle schoolers with this event - more info on the side bar).

Spotlight On...

Poster Contest for Middle Schoolers

"What Mental Health Means to Me"

In conjunction with the resource fair, MHA is sponsoring a middle school poster contest. One thing that supports mental health is....talking about it! We want to hear from our tweens/teens! Do you know a middle schooler, grades 6th-8th, that would be interested in sharing with us what mental health means to him/her? Please share this information. All contest participants will gain the opportunity to have their artwork submissions displayed on MHA's website, social media sites, used in community presentations, and future products intended to raise positive awareness for mental health. Poster contest winner will also receive a \$25 gift card. Folks can see the submissions and **vote for their favorite** at the resource fair.

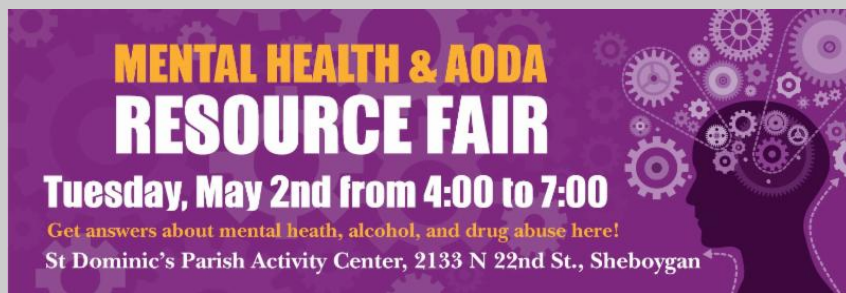
Thank you for believing in us and the work we do. We could not do it without you.

With gratitude,

Kate S. Baer, M.A.
kate@mhasheboygan.org
Executive Director

(Click 'display images below' above, to see the images in this eblast.)

*3rd Annual
Mental Health & AODA
(Alcohol Other Drug Abuse)
Community Resource Fair*



Healthy Sheboygan County 2020's Stigma Committee is once again organizing the 3rd Annual Mental Health and AODA Resource Fair. This year's event, held at St. Dominic Parish Activity Center on the evening of Tuesday May 2nd (4pm-7pm), will be an opportunity for families, individuals, and professionals to check out the mental health and substance use related services provided in our community (& beyond)! This successful event allows folks in a relaxed and inviting atmosphere to check out over 50 vendors and learn more to better help themselves, a family member, friend, neighbor, or client, all the while reducing the stigma about mental health and addiction in our community.

Please post the [flyer](#) and help us spread the word! If you have any questions about this event, please don't hesitate to contact Jess Miner, our Mental Health Resource Specialist & chair of the event (email: jessica@mhasheboygan.org or call: 920-458-3951).

Visit our website for all the details.
www.mhasheboygan.org

Special thanks to event sponsors: Aurora, Healthy Sheboygan County 2020, Homes for Independent Living, Mental Health America in Sheboygan County, Prevea, St. Nicholas Hospital, Sargento & United Way of Sheboygan County.

Mindfulness - Saturday May 20

[REGISTER HERE TODAY!](#)

[Click here for all poster contest information](#)(flyer, entry form, guidelines, and frequently asked questions) and related documents. We look forward to finding out what mental health means to the next generation. We are excited about this project and hope you will help us spread the word!

* * * * *

MHA Wish List

Can you help us?

MHA is in need of:

Bus Passes

Empty jars (think mason jars, jam jars, baby food jars, etc.)

Volunteer Needs

Include:

Support at the upcoming Mental Health & AODA Resource Fair & the Mindfulness May event.

If you or someone you know can help, please don't hesitate to contact us at 458-3951 or

info@mhasheboygan.org

Join us for a day of self-discovery dedicated to embracing mindfulness on the beautiful and unique property of Lake Orchard Farm Retreat (located just north of Sheboygan, WI). A variety of mindful sessions intended to cultivate happiness and gratitude can be purchased individually (\$25) or as a full day package (\$75 with lunch included!).

Proceeds support our *Sheboygan County Mindful Classrooms* initiative, a local effort to bring social-emotional education and mindful awareness strategies to kids of all ages!

Visit our [website](#) for complete event details and session descriptions!

*Open Door has a 'Clothing Closet' managed by our Peer Specialists. Inventory is collected by generous community donations (both individuals and groups). Questions specific to the Clothing Closet, please call Open Door at 920-783-6801 or email opendoor@mhasheboygan.org.

MINDFULNESS

SATURDAY MAY 20, 2017

Relax. Reflect. Renew.



Join us for a day of self-discovery dedicated to embracing mindfulness on the beautiful & unique property of Lake Orchard Farm Retreat located just north of Sheboygan, WI. A variety of mindful sessions intended to cultivate happiness and gratitude can be purchased individually (\$25) or as a full day package experience (\$75).

Be present in your life. You deserve it.

BREAKOUT SESSIONS INCLUDE:

	Nourish the Mind & Body (Lunch & Property Tour)	
	Yoga in the Barn	
	Mindfulness Based Stress Reduction	
	Essential Oils for the Mind & Body	
	Chinese Yoga on the Farm	
	Mindful Relationships	
	Creative Mindfulness	
	Drumming Circle	
	Meditation	

Registration details at mhasheboygan.org

Funds raised support MHA's Sheboygan County Mindful Classroom initiative, a local effort to bring social-emotional education and mindful awareness strategies to kids of all ages! Mindful vendor booths make session breaks fun. Discount prices on rooms! www.lakeorchardretreat.com

Questions? Call (920-458-3951) or email (info@mhasheboygan.org) for more information. Must pre-register by May 5th.

Special thanks to The Herbert V. Kohler Jr./Natalie Black Kohler Foundation For Giving Back, Lake Orchard Farm Retreat, & Nourish




2017 MHA Board of Directors

President
Jerry Gartner

Vice President
Tracy Brinkman

Secretary/Treasurer
Adam Norlander

President-Elect
Wendy Yurk

Board Members
Elizabeth Abler
Laura Albright
Kevin Bruggink
Dr. Thomas Campbell
Elisa Carr
Dr. John Olsen
Mary Paluchniak
Katherine Pruitt
Rebecca Rupnick
Dana Salata
Fr. Matthew Widder
Wendy Yurk

MHA Staff

Executive Director
Kate Baer, M.A.
kate@mhasheboygan.org

Youth Educator
Trisha Erpelding, M.S.
trisha@mhasheboygan.org

Mindfulness Event Flyer

Mindful vendor booths make session breaks fun. Make it a weekend and call Mary at Lake Orchard Farm Retreat (920-627-3249) for discount prices on rooms!

Questions on the event? Call (920-458-3951) or email (info@mhasheboygan.org) for more information.


Must pre-register by May 5th.

Special thanks to The Herbert V. Kohler Jr./Natalie Black Kohler Foundation For Giving Back, Lake Orchard Farm Retreat, Nourish and MHA Outreach & Visibility Committee Members Laura Albright (Event Chair), Tracy Brinkman, Dr. Thomas Campbell, Jessica Miner, Trisha Erpelding, Rachel Karras, & Kate Baer.

Join us at the movies!

OPEN DOOR TRIP TO THE MOVIES
EVERYONE WELCOME!
WHEN: Saturday April 8th, 2017
SIGN UP BY WEDNESDAY APRIL 5th!

WHAT: Secret Life of Pets @ Marcus Cinema Sheboygan.



Join us to go see The Secret Life of Pets! Everyone is welcome! This FREE event is provided by a generous donation! Transportation will be provided to and from Open Door through Prigge Bus Service.

- Meet at Open Door shortly before 9:30 am if you would like to take the free bus to the theater. **Note bus will leave at 9:30 am!!**
- You will be given your ticket for the 10:00 am showing of The Secret Life of Pets when you get here. if you prefer to use your own method of transportation meet us outside the theater to get you ticket at 9:45am.
- **Sign Up (required) by Wednesday April 5th** See a Peer Specialist during Open Door's drop in hours or calling Open Door at 920-783-6801 to sign up.
- Questions? Stop in or Call! ☺

Details on The Movie: Comedy superstars Louis C.K., Eric Stonestreet, and Kevin Hart make their animated feature-film debut that finally answers the question: what do your pets do when you're not home? When their owners leave for the day, pets from the building gossip with their friends, satisfy their sweet tooth, and throw outrageous parties. But when a pampered terrier (C.K.) and his unruly new 'roommate' from the pound (Stonestreet) get lost in the urban jungle of New York City, they must put aside their differences to survive the epic journey back home.

OPEN DOOR
Open Door
817 N 8th Street
Sheboygan, WI 53081
920-783-6801

MHA
Mental Health America
in Sheboygan County
*Open Door is a Service of MHA in Sheboygan

Call Open Door (920)783-6801 or visit our [website](#) to learn how

* * * * *

Gathering in Grief

Join us for a unique grief, expressive art activity on Tuesday April 11th. This introspective experience will include a short guided visualization, reflective art making (no skills necessary), and group sharing for those who are comfortable. Session lead by facilitator Maria Weeks, a master-level student in both thanatology and

Mental Health Resource Specialist

Jessica Miner, C.S.W.
jessica@mhasheboygan.org

Interim Administrative Assistant

Rachel Karras
rachel@mhasheboygan.org

Lead Peer Specialist

Joanna Brandt
joanna@mhasheboygan.org

Peer Specialist & Recovery Coach

Tracy Krause
tracy@mhasheboygan.org

MHA

915 N. 7th Street
Sheboygan, WI 53081
info@mhasheboygan.org

(920) 458-3951

Monday – Thursday

8am – 4pm

Friday, Saturday, Weeknights

by appointment.

Open Door

817 N. 8th Street
Sheboygan WI 53081

opendoor@mhasheboygan.org
(920) 783-6801

Monday, Wednesday & Friday

9am – 5pm

Check out the [online calendar](#) of Open Door for activities during and outside drop-in hours.

Visit our [online events](#) page to learn about MHA education events and support groups meetings.

www.mhasheboygan.org



counseling. Learn how you can register by visiting our [website](#).

* * * * *

#MindfulMondays #MindfulnessMatters

Stay in touch! [Click here and sign-up](#) to be added to our MindfulMondays weekly eblast!

Thanks for helping us build resilient and hopeful communities.
Together we make a difference.

**If you are intersted in bringing mindfulness to your classroom or business, please [contact us](#)!*

Crisis Information & Emotional Support

24/7 Sheboygan County Mental Health Mobile Crisis

#920-459-3151 or 9-1-1

Please do not hesitate to call Sheboygan County Mobile Crisis if you or a loved one is having a mental health emergency and live in Sheboygan County.

24/7 National Suicide Lifeline

1-877-273-TALK (8255)

Statewide Emotional Support Text Line HOPELINE

Text HOPELINE to 741741

HOPELINE is the first Emotional Support Text Line in the State of Wisconsin and provides service throughout the entire state for help and hope. HOPELINE's purpose is to offer emotional support and resources before situations rise to crisis level. Texts received reflect struggles with breakups, job loss, bullying, LGBTQ issues, parental issues, school, friends, relationship issues or any struggle a person is experiencing.

Solstice Warmline

#1-608-244-5077

A non-clinical warmline service answered by people who have lived experience of mental health and/or substance use issues and are trained to support people during tough times. This program is operated by the Solstice House, a Peer Run Respite program in

Open Door is a safe, nonjudgmental place that provides a leisure space for folks to gather. Newly incorporated into the program is a monthly Mental Health Discovery topic that connects with other activities throughout the month like Ted Talks, movie day, Art Tonic activity and much more! Learn more and visit our website page [here](#) to find the latest calendar.

Hope to see you there!

Open Door is a peer support recovery drop-in center creating a community of friends supporting wellness and recovery.

Get Shopping!

AmazonSmile is a website connected to Amazon.com, offering a simple and automatic way for you to support the MHA Sheboygan at no cost to you, each time you shop.

YOU get the same Amazon selection, while WE get a charitable donation of .5% of your purchase of tens of millions of eligible items. How cool is that?

Learn more here
at [smile.amazon.com](https://www.amazon.com/smile)

Madison, WI.

Hours of Operation

Mon-Fri: 4pm-10pm

Saturday & Sun: 2pm-10pm

COPE Hotline

#1-262-377-2673

The Mission of COPE Services is to provide emotional support and crisis intervention, accomplished by the maintenance of 24-hour telephone hotline. Trained volunteer listeners await on the other line, located in Ozaukee County, providing an listening ear locally, statewide, and nationally.

You are not alone. Treatment works. Recovery is possible.



Proud Partner Agency

United Way of
Sheboygan County

www.uwofsc.org

Thank you friends and
supporters of United Way!