

Hello Friends,

*A special edition eblast?! What's so special you ask?
(drumroll).....*

MHA is NOW HIRING for a Mindful Classroom Instructor!

This part-time position is responsible for visiting classrooms to assist in the implementation of our mindful-based social emotional curriculum, teaching mindful skills to improve areas of 1) focus and attention, 2) self-awareness and self-regulation, and 3) understanding thoughts and emotions for kiddos of all ages! Join our exciting, encouraging, and supportive MHA team and make a difference working for a mission you believe in!

Help us be the little agency that does BIG things! Vote for our video submission to USA Today's

A Community Thrives grant contest to win up to \$100,000!!!

You can vote one time per day until May 12, 2017. It's a simple, easy, and great way to show your support to MHA and our work with mindful classrooms, creating change. [Click here to VOTE today!](#) (Please note, sometimes it takes a moment for the video to pop up, and you can also search the term 'mindfulness' and we are first video!)

Registration is live for our first ever event Mindfulness! Saturday May 20th, but not for long! Space is limited and registration will close by Friday May 5th.

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 those new to these to these concepts as well as those experienced with mindfulness.

Click here and REGISTER TODAY!

Space is limited.

Mental Health and Alcohol & Other Drug Abuse Resource Fair will be held on Tuesday May 2nd to help kick off May as Mental Health Month! Please share to show your support. One never knows what challenges a friend, co-worker or colleague are facing and you showing your support of an event like this can make

Spotlight On...

Honest, Open, & Proud
*to eliminate the stigma of
mental illness*

Have a story to tell?
Thinking about sharing
with someone for the
first time or becoming an
advocate for mental
health? Join us!

The goal of this 6-hour workshop (held over 3 Tuesdays) is to help you think about the upsides and downsides of talking about your experiences with mental health challenges in the daily settings of your life (friendships, workplaces, etc.)

Three sessions:
From 11:00am-1:00pm
Tuesday May 16th
Tuesday May 23rd
Tuesday June 6th

LUNCH WILL BE PROVIDED!

Space is limited to 10 people!

[CLICK HERE](#) to register for this workshop or call us at (920) 458-3951 or email

all difference! Over 50+ vendors, chance to win an iPad and other cool door prizes and FREE FOOD! You won't want to miss it. [Check out more information on our website here](#) including the pdf or visit our [facebook page event here](#) and help spread the word!

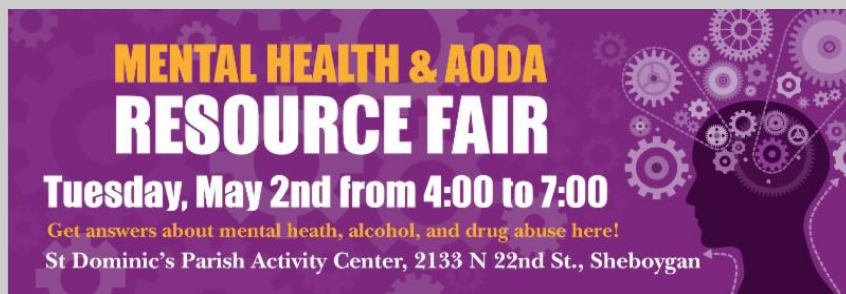
**Thank you for believing in us and the work we do.
We could not do it without you.**

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,

info@mhasheboygan.org
with questions.

MHA is a proud organization partner to [WISE](#), Wisconsin's Initiative for Stigma Elimination.

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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

**Open Door has a 'Clothing Closet' managed by our Peer Specialists. Inventory is collected by generous community donations (both individuals and*

Mindfulness - Saturday May 20

[REGISTER HERE TODAY!](#)

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!

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

[Mindfulness Event Flyer](#)

groups). Questions specific to the Clothing Closet, please call Open Door at 920-783-6801 or email opendoor@mhasheboygan.org.

2017 MHA Board of Directors

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MHA Staff

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kate@mhasheboygan.org

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trisha@mhasheboygan.org

Mental Health Resource Specialist
Jessica Miner, C.S.W.
jessica@mhasheboygan.org

Interim Administrative Assistant
Rachel Karras
rachel@mhasheboygan.org

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.

You build your schedule based on the session
options and how YOU want to spend your day!
Complete details on our [website](#).

Session A (9:15am): Yoga in the Barn, Mindfulness Based Stress
Reduction, Creative Mindfulness or Meditation

Session B (10:30am): Chinese Yoga on the Farm, Essential Oils
for Mind & Body, Meditation, or Mindful Relationships

Session C (12pm): LUNCH with Property Tour

Session D (1:30pm): Drumming Circle, Mindful Relationships
(repeat from 10:30am), Essential Oils for Mind & Body (repeat
from 10:30am session)

Our Gratitude To...

*The Herbert V. Kohler Jr./Natalie Black Kohler Foundation for
Giving Back, Mary and Nate Calkins of Lake Orchard Farm
Retreat, Nourish, Kathy Olson with Yoga on the Lake, Marci
Tousey owner of YogaLoft, Jon Doll and Jane Lang, Ryan and
Jeremiah LaCrosse, Robin Cardell of Oshkosh Rhythm
Institute, Peg Haubert of Sheboygan Visual Artists, and MHA
Outreach & Visibility Committee Members Laura Albright (Event
Chair), Tracy Brinkman, Dr. Thomas Campbell, Jessica Miner,
Trisha Erpelding, Rachel Karras, & Kate Baer.*

#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

Lead Peer Specialist

Joanna Brandt
joanna@mhasheboygna.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



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

& 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 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.

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.



Proud Partner Agency

United Way of
Sheboygan County

www.uwofsc.org

Thank you friends and
supporters of United Way!