

# CREATING HOPE

# Together



## MENTAL HEALTH & WELLNESS COMMUNITY OPPORTUNITIES

Mental health & wellness is a priority for all of us. In collaboration with our partners, NAMI, Work2BeWell & Rotary, please join us for these timely and important programs.

### WORKPLACE WELLNESS AND LOCAL RESOURCES

October 5, 2023, 11:30 – 12:30 PM – Virtual

NAMI Wisconsin will provide a brief overview of mental illness/mental health, discuss stigma and discrimination in the workplace, and provide suggestions on how to integrate mental wellness practices into your work culture. They will also share resources available in your area to promote work life balance, internal best practices, and additional materials available to meet the needs of your organization, classroom, or workplace.

### NAMI WALK - JOIN OUR HOPE SQUAD

October 7, 2023, 11:00 – 2:00 PM – Madison

Join the Rotary 6250 Team & SEE as we walk to support the work of our partner, NAMI and raise awareness for mental health.

### LUNCH & LEARN WITH SARA FRAUEF - WORK2BEWELL

October 11, 2023, 11:55 & 1:30 PM – Waunakee High School

Learn strategies to serve yourself and our youth. Leave with a plethora of resources for your wellness toolbox.

### BALANCING LIFE TRANSITIONS IN THE OFFICE & AT HOME

January 16, 2024, 11:30 – 12:30 PM – Virtual

NAMI Wisconsin will provide suggestions on how to best navigate changes in your personal and professional life, wellness tips and tricks, statewide resources to utilize and other suggestions on wellness best practices.

### APRIL WELLNESS SERIES - TBD

April 2024 – Waunakee Community Library

Join us for weekly speakers throughout the month of April touching on important topics around prevention, mental health/wellness, and resiliency.



Rotary  
District 6250



More details and links to the above  
programs can be found on our website:  
[waunakeecares.org](http://waunakeecares.org)

NAMI  
Hope starts with you.