

Supporting Youth this Giving Tuesday


Giving Tuesday, celebrated on the Tuesday after Thanksgiving, is a global day of generosity that encourages people to give back to their communities and support causes they care about.

This Giving Tuesday, we invite you to join us in making an impact by supporting NAMI Fox Valley's school outreach program. Your generous contribution to our Giving Tuesday campaign will help us break down stigma and foster understanding and compassion in schools, helping to create a supportive environment for students of all ages.

We know that 1 in 6 youth live with mental illness, yet many students experiencing mental health challenges feel isolated and misunderstood. Our program engages students as early as 3rd grade, offering age-appropriate presentations that share knowledge, personal stories, and coping strategies.

Last year, our school outreach team presented mental health and suicide-prevention trainings in 320 classrooms to 6,990 students, and we are on track to reach similar numbers this year. As the program continues to grow, we are seeing firsthand how important these presentations are in helping students understand mental health and supporting those who may be struggling in silence.

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In the season of giving, would you consider making a gift to help support NAMI Fox Valley's free school outreach programs?

Donating is easy - and makes a big difference!

[CLICK HERE TO DONATE](#)

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Upcoming

Giving Tuesday

Tuesday, December 3

[DONATE](#)

Family-to-Family

Tuesdays, Jan. 7-Feb. 25

6-8:30 PM | Virtually via Zoom

[REGISTER ONLINE](#)

Winter Break

December 24-January 1

Support groups will not meet.



Imagine a 4th grader dealing with anxiety or depression but too afraid to ask for help. With your support, we can ensure that that child knows they are not alone. Your donation to our Giving Tuesday campaign will help to create a space where students feel seen and supported, and where they are empowered to speak up and seek help when needed.



Every donation to our Giving Tuesday campaign, no matter the size, contributes to:

Educational Presentations: We deliver engaging presentations that promote mental health awareness, teach coping strategies, and encourage students to seek help when needed.

Resource Materials: Your support allows us to develop and distribute informational materials to schools, deepening students' understanding of mental health and available resources.

Community Engagement: We facilitate open dialogues, providing a safe space for students to share their experiences and learn from one another, ultimately fostering a culture of compassion and understanding.



This Giving Tuesday, let's unite to reduce the stigma around mental illness in our schools and communities. Your generosity will help spark positive change, ensuring that no student has to navigate their mental health challenges alone.

Together, we can create a brighter future—one that prioritizes mental health awareness, recovery, and a sense of belonging for all. Thank you for considering a tax-deductible donation to NAMI Fox Valley. Your contribution truly makes a difference.

"The presenter shared good information for those struggling and helped us understand that we are not alone."
Local High School Student

[**CLICK HERE TO DONATE TO OUR GIVING TUESDAY CAMPAIGN**](#)

Start the New Year Strong with our Family-to-Family Class

As we welcome the new year, it's the perfect time to focus on mental health—both for yourself and for your loved ones. NAMI Fox Valley is excited to announce our upcoming Family-to-Family class starting in January!

Family-to-Family is a free, 8-session class for family, significant others and friends of people living with mental illness. Research shows that the class significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

Family-to-Family not only provides critical information and strategies for supporting the person you love, but you'll also find support from others navigating similar situations.

The class provides a relaxed and welcoming atmosphere where participants can learn from a team of trained instructors. Space is limited and registration is required.

Click the "register here" button to see the class details and to make this new year a time of growth and understanding.



FAMILY-TO-FAMILY

Tuesdays, January 7-February 25, 2025

6:00-8:30 PM via Zoom

REGISTER HERE!

Visit www.namifoxvalley.org/F2F or scan the QR code for more information. For questions, contact Vivian Flanagan, NAMI Fox Valley's Family Program Coordinator, at vivian@namifoxvalley.org.

