

Valentine's Day & the Power of Kindness

Valentine's Day is often associated with romance, grand gestures, and expressions of love. However, beyond chocolates and flowers, Valentine's Day is also an opportunity to embrace a deeper and more meaningful kind of love—kindness. After all, love is not just about couples, but about human connection, showing compassion to others, and self-care.

In our fast-paced and often challenging daily lives, small acts of kindness can have a profound impact. A simple check-in text, a heartfelt compliment, or spending quality time with someone who might be feeling isolated can make a world of difference. And the kindness that we extend to ourselves is just as important! Engaging in self-care by taking time for activities that bring joy, practicing mindfulness, and being gentle with yourself are just some ways to embrace self-love.

Kindness is a powerful force in mental health. Scientific studies show that acts of kindness release oxytocin, the "love hormone," which reduces stress and increases feelings of happiness. By spreading love in thoughtful and inclusive ways, we help create a culture of care that extends far beyond February 14.

This Valentine's Day, let's redefine love. Let's celebrate not just romantic connections but also the kindness that nurtures emotional well-being—for ourselves and for others.

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Upcoming

Family-to-Family

8-Session Class
at NAMI Fox Valley
Wednesdays, Mar. 12-Apr. 30
6:00-8:30 PM

[REGISTER ONLINE](#)

May 2025

Mental Health Awareness Month:
Invite Us to Present!

[LEARN MORE](#)



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FAMILY EDUCATION CLASS

COMING UP

FAMILY-TO-FAMILY

8-Session Class.....FREE

Family-to-Family is a free, 8-session education course for family and friends of people living with mental illness. The program offers a relaxed, trusting, and safe environment for participants to develop insight, skills, and emotional understanding to support the mental health recovery of a loved one.

Wednesdays, March 12–April 30 | 6–8:30 PM
NAMI Fox Valley, 211 E. Franklin St., Appleton

[Learn More & Register](#)



SAVE THE DATE!

SATURDAY, OCTOBER 4, 2025
FOX CITIES STADIUM, APPLETON

MENTAL HEALTH AWARENESS EVENT • FAMILY FRIENDLY • DOG FRIENDLY

Mental Health Awareness Month is Coming!

Mental Health Awareness Month, celebrated in May, is a great time to partner with NAMI Fox Valley to bring mental health education to your community!

NAMI Fox Valley's outreach team offers a diverse range of engaging presentations relating to mental health and mental illness. Whether you're part of a school, business, service club, church group, or other community group, we can tailor our presentations to meet your specific needs. We're happy to present in person or virtually, ensuring accessibility for all.

Contact us today to learn more and to get on the calendar, as availability in May is filling fast. Together, we can reduce stigma and foster understanding!

Classroom Mental Health Presentations

- Mental Health Chat: Elementary Presentation
- Ending the Silence: Middle & High School Presentation
- Teen Mental Health 101: High School Presentation
- Anxiety & Depression in Teens: High School Presentation
- Anxiety & Stress in Teens: High School Presentation

Community & Workplace Mental Health Presentations

- NAMI Fox Valley 101
- Mental Health 101
- Promoting Mental Wellness in the Workplace
- Time to Talk: Approaching a Conversation about Mental Health
- Navigating a Mental Health Crisis
- NAMI Talks Speakers Bureau
- Suicide Prevention & Awareness
- An Introduction to ACES (Adverse Childhood Experiences) & Resiliency
- Custom

Let NAMI Fox Valley be a part of your Mental Health Awareness Month activities and help create a more informed, compassionate, and supportive community for all.

[**LEARN MORE**](#)