

The 2026 MENTAL HEALTH WELLNESS GROUP

INVITES YOU TO JOIN THEM

The 3rd Monday of Each Month: 6:00 P.M. – 7:00 P.M.

Midstate Independent Living Consultants

3262 Church Street, Stevens Point, WI

Open To The Public

January 19th	Melissa Duberstein	Emotional Freedom Technique
February 16th	Kaitlyn Metzig	Power of Connection
March 16th	Ron Matthew	PTSD
April 20th	Andrea Mora	Navigating the Journey: Exploring Bipolar Disorder
May 18th	Caitlin Baldauf	Understanding Stress: Effective Coping Strategies and Supportive Approaches
June 15th	Angela May	Meditation
July 20th	Chelsea Silvers	Neurodiversity 101
August 17th	Bryar Drexlar	Substance Use & Ripple Effects
September 21st	Trina Bierman	Chronic Pain & Mental Health
October 19th	Katey Collins	Healthy Boundaries
November 16th	Sara Grant	Brain & Stress Response
December 21st		+