



LOCAL  
RESOURCES

## LOCAL FARMS

### Deutsch Family Farm

Osseo, WI

- Beef
- Eggs
- Pork
- Soap



Website: <https://www.deutschfamilyfarm.com>

Facebook: <https://www.facebook.com/DeutschFamilyFarm>

### Siverling Centennial Farm

Bloomer, WI

- Beef
- Canned goods
- Field crops
- Vegetables



**SIVERLING  
CENTENNIAL  
FARM**  
Bloomer, WI

Website: <https://www.scfarm.eatfromfarms.com>

Facebook: <https://www.facebook.com/Siverling-Centennial-Farm>

### Red Ten Ranch, LLC

Fall Creek, WI

- Chicken
- Chicken eggs
- Beef
- Duck eggs
- Pork
- Tallow products

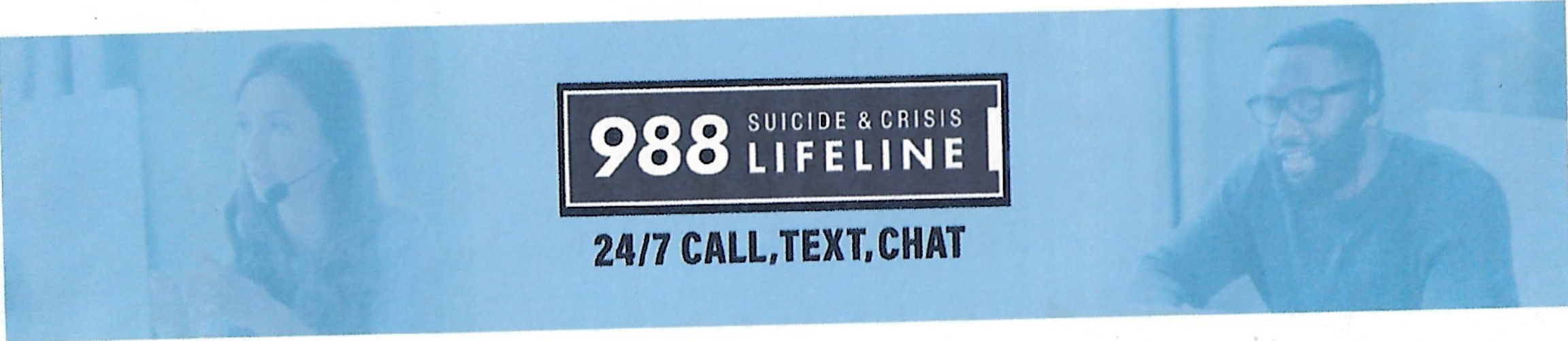
Facebook: <https://www.facebook.com/dexterbeefinwi>

### White Star Poultry

Fall Creek, WI

- Honey

Facebook: <https://www.facebook.com/whitestarpoultry>



**988** SUICIDE & CRISIS  
**LIFELINE**

**24/7 CALL, TEXT, CHAT**

<https://988lifeline.org>

The Lifeline  
is **FREE**,  
confidential, and  
always available.

**HELP**  
a loved one,  
a friend,  
or yourself.

Community crisis centers  
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
www.samhsa.gov

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NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Learn the  
Warning  
Signs.

## Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at **1-800-273-TALK (8255)**.

With Help Comes Hope



**NAMI Wisconsin is the state organization of the National Alliance on Mental Illness.**  
Our mission is to improve the quality of life of people affected by mental illness and to promote recovery.

Find your Local NAMI



(608) 268-6000  
[www.namiwisconsin.org](http://www.namiwisconsin.org)  
4233 W Beltline Hwy  
Madison, WI 53711



Directory of state-wide virtual mental illness support groups in Wisconsin



[www.namiwisconsin.org/being-together](http://www.namiwisconsin.org/being-together)

## NAMI Wisconsin *Resource Guide*

An in-depth guide for people living with a mental illness and their families.



[www.namiwisconsin.org/resource-guide](http://www.namiwisconsin.org/resource-guide)



## **QUICK GUIDE** to Wisconsin Mental Health Resources

Brief overview of mental health resources in Wisconsin

English



Español



## MEMBERSHIP APPLICATION

Join NAMI Chippewa Valley

When you join now, you become a member of your NAMI Affiliate, your NAMI WI State Organization and the national NAMI organization. **Yes, I want to:** (please check one)

Join NAMI  
 Renew membership for one year  
 Make a donation \$ \_\_\_\_\_ Amount

### Membership Dues:

\$60 Household  \$40 Individual

\$5 Open Door

Title:  Mr.  Mrs.  Ms.  Dr.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment Information:  Check or  Cash  
Enclosed

Credit Card Payment:  Visa  MasterCard  
 American Express

Name as it appears on card: \_\_\_\_\_

Account Number: \_\_\_\_\_

Expiration: \_\_\_\_\_

Validation Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Send to: NAMI Chippewa Valley, 800 Wisconsin St, Mailbox 88, Eau Claire, WI 54703-3612 or Join/Donate online through our website [www.namicv.org](http://www.namicv.org).

NAMI Chippewa Valley  
Banbury Place  
800 Wisconsin Street, Mailbox 88  
Building #2D, Suite 420F  
Eau Claire, WI 54703-3612

715-450-6484

email: [namicv@yahoo.com](mailto:namicv@yahoo.com)

website: [www.namicv.org](http://www.namicv.org)

facebook: [www.facebook/NAMICV](http://www.facebook/NAMICV)

NAMI Helpline: 1-800-965-6264

HOPELINE (Emotional Support 24/7)  
Text Subject "Hopeline" to 741741

Northwest Connections (Crisis Center): (888) 552-6642

National Suicide Prevention:  
1-800-273-8255

Police/Fire/Medical Emergency:  
911



Scan to view our Website!



National Alliance on Mental Illness

Chippewa Valley



Banbury Place  
800 Wisconsin Street, Mailbox 88  
Building #2D, Suite 420  
Eau Claire, WI 54703-3612  
715-450-6484

email: [namicv@yahoo.com](mailto:namicv@yahoo.com)  
website: [www.namicv.org](http://www.namicv.org)  
facebook: [www.facebook/NAMICV](http://www.facebook/NAMICV)

NAMI Chippewa Valley was founded in December of 2010. We are a volunteer non-profit organization funded by memberships, donations and grants. Our mission is to provide education, support and advocacy for individuals and families living with a mental illness. We are affiliated through NAMI Wisconsin as your local affiliate of NAMI. We are governed by our bylaws and our board of directors. All individuals interested in volunteering or supporting our organization should contact us.

**"Never doubt that a small group of thoughtful, committed citizen's can change the world. Indeed, it is the only thing that ever has."**

Margaret Mead

**Join or donate online at our website:  
[www.namicv.org](http://www.namicv.org)**

**NAMI Chippewa Valley is a 501(c)(3) non-profit organization so all memberships and donations are tax deductible, check with your financial advisor for specifics to your situation.**

## OUR PROGRAMS:

**NAMI Family Support Group:** Usually meets the first Thursday of every month from 6:30-8pm, check our website or call for more information. All friends and family members of individuals living with a mental illness are invited to join us as we support each other in a confidential and caring group setting. FREE and open to the public.

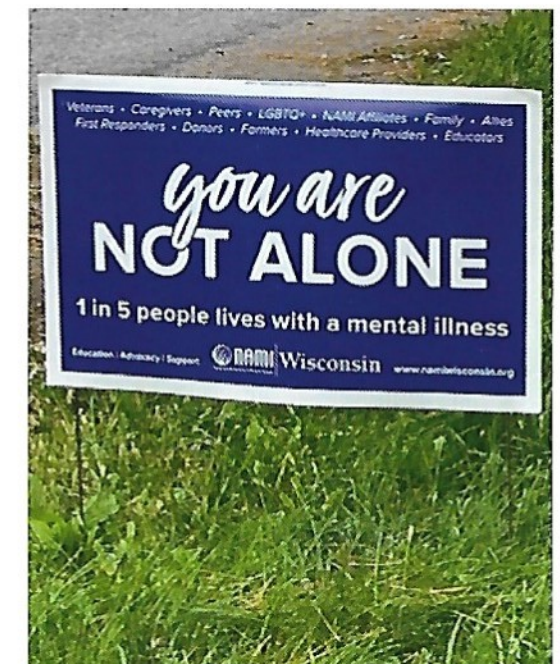
**NAMI Family-to-Family Class:** FREE weekly classes held for eight successive weeks. Pre-registration is required, please call for information on our next class schedule. This evidence-based program is designed for friends and family of adult individuals living with a mental illness, provides education, coping skills and interaction with others in a similar situation. Led by NAMI trained facilitators.

**NAMI Basics:** FREE weekly classes held for six successive weeks, for parents and primary caregivers of children and adolescents who have psychological, emotional or behavioral issues that might be indicators of future mental health concerns. Led by NAMI trained facilitators. Pre-registration is required, please call for information. Also available online, please check our website for more info or call.

**IOOV (In Our Own Voice):** NAMI trained presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

**CIT(Crisis Intervention Training):** We proudly support the Eau Claire Police Dept program to train their officers.

**Education Meetings:** Check our website or call for info on scheduled meetings and topics. FREE and Open to the Public.





Minneapolis VA Health Care System  
One Veterans Drive  
Minneapolis, MN 55417

**VA** | U.S. Department  
of Veterans Affairs

**Terri Hathaway, RN-BC, BSN, PHN**

Community Education and Partnerships Coordinator  
Mental Health Patient Service

Suicide Prevention

612-629-7068

Cell: 651-357-3518

Terri.Hathaway@va.gov

Veterans Crisis Line: 1-800-273-8255, Press 1



**Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

Confidential crisis chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)  
or text to **838255**

### RECOGNIZE THE SIGNS OF SUICIDE RISK

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of these signs requires immediate attention.

Call us if you experience any of these warning signs.

U.S. Department of Veterans Affairs

© 2/17 VHA





**Karen Hauck  
Consultant**

Certified Aging In Place Specialist

715-829-0707

cvaginginplace@yahoo.com

chippewavalleyaginginplace.com



**Karen Hauck  
Consultant**



Serving Northwest Wisconsin

715-829-0707

Stay Where Your Roots Are

*Good for the Sole*  
FOOT AND NAIL CARE, LLC

LISA POLHAMUS, RN, BSN, WCC

lisapolham@gmail.com

715-723-7602



IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CONTACT ME AS SOON AS POSSIBLE.

715-723-7602 | lisapolham@gmail.com | 6872 189th St Chippewa Falls, WI 54729



# HOLLY'S PLACE EQUESTRIAN AND THERAPEUTIC CENTER

## Our Mission

"A place where bonding with horses heals hearts and encourages individuals to overcome obstacles whether they struggle with mental health, physical limitations or behavioral difficulties."



## Why Choose Us

Holly's Place provides programs to improve self-esteem and mental health for children, youth and adults. We feel it is important to work with members of the community of all ages who can benefit from equine therapy, both on the farm and in school and facility settings.

Some of the benefits from working with the horses are:

- Increase self-worth
- Improve trust and self-confidence
- Develop healthy relationships
- Decrease impulsive and self-destructive behaviors
- Learn anger management and coping skills
- Heal from trauma or loss
- Reduce feelings of isolation, loneliness and anxiety
- Gain respect for diversity and individuality
- Learn to work with animals
- Learn routine and rhythm by working on the farm
- Learning proper care for someone/something other than ones self
- Promote the importance of teamwork and community

### Highly Recommend



My daughter has been taking lessons for almost a year and she has learned so much more than just riding; horsemanship, patience, gentleness and responsibility.

### → Horse Boarding

We offer a safe place for horses of all ages. On the farm there is outdoor space, indoor stalls. Indoor and Outdoor arenas & last but not least a beautiful nature riding trail.

### → Horsemanship Lessons


Horses are sensitive creatures, they respond to the emotions of their humans and they do not hide them. If someone approaching a horse angrily can cause the horse to shy away. Horses mimic humans feelings and behaviors. This is very beneficial when horses are working with children, teens and adults to work through trauma, fear, anger, loss, etc. Working with the animals can help people to become happier and healthier by learning coping skills and gaining confidence that is invaluable.


### → Therapy & Memory Care Partnerships


We partner with memory care facilities & local schools to bring the mini horses in to provide therapeutic sessions.

FOR MORE INFORMATION  
CONTACT US

 +715-944-5600

 [hollyschindler@msn.com](mailto:hollyschindler@msn.com)

 [www.hollysplaceofhappinesswithhorsesllc.com/](http://www.hollysplaceofhappinesswithhorsesllc.com/)

 Holly's Place Equestrian and Therapeutic center



**NO KID SLEEPS  
ON THE FLOOR  
IN OUR TOWN!**

**WI – CHIPPEWA VALLEY CHAPTER**

**REQUEST A FREE BED  
FOR YOUR KIDS**

MAKE A REQUEST OR REFERRAL ONLINE at  
SHPBEDS.ORG Click on the "REQUEST A BED" link!

- Donate
- Request Bed
- Volunteer



Chippewa Valley, Rusk, and Barron Counties

## WHO IS SHP?

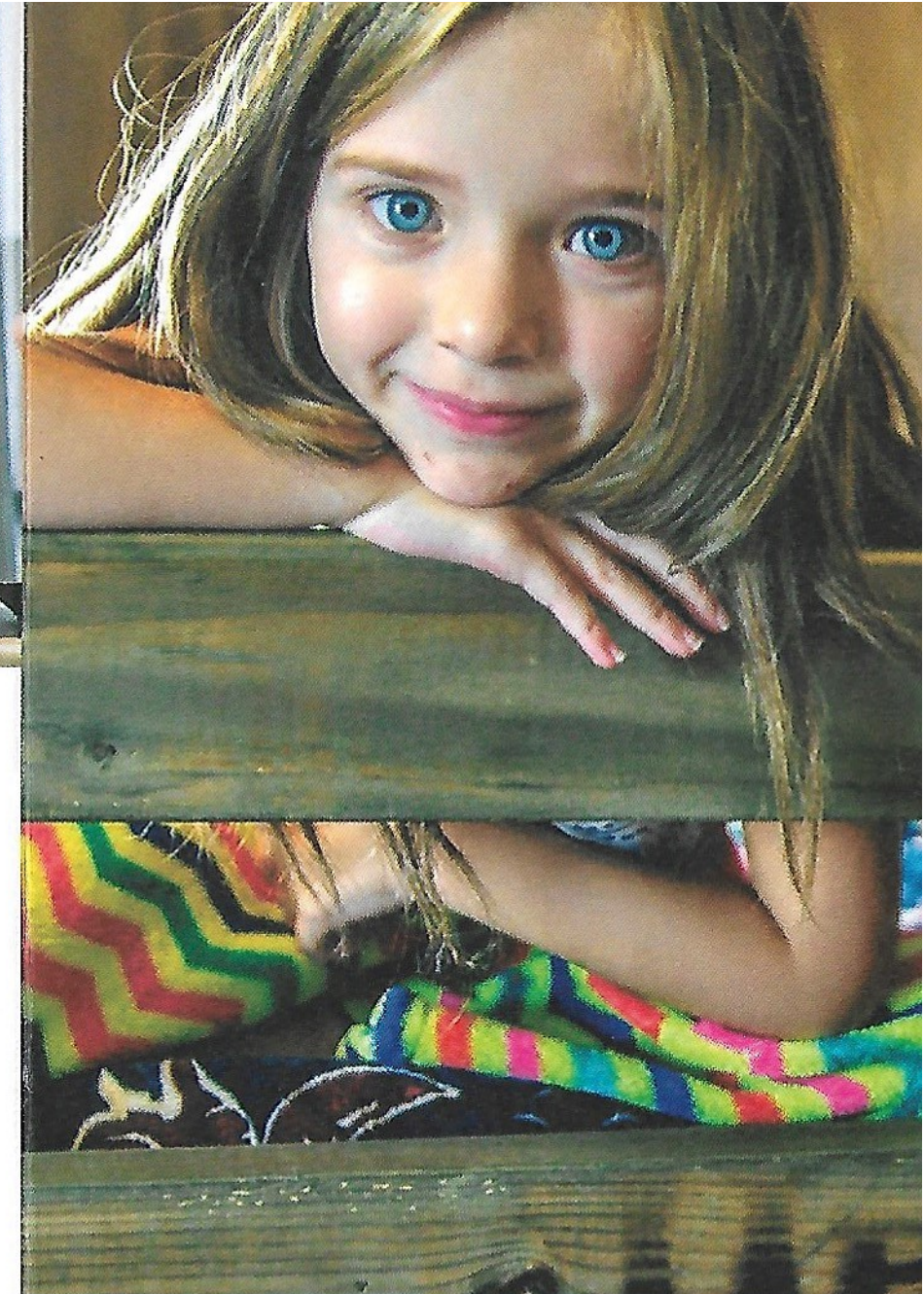
Founded in Kimberly, Idaho in 2012, Sleep in Heavenly Peace (SHP) is THE ONLY charity providing hand-made bunk beds to children who don't have beds of their own. Not only do we deliver these beds to kiddos in need, but we partner with organizations, churches, businesses and individuals like you to build them at events called Build Days!

With so many great charities providing clothing, meals and toys, little help goes to something as permanent as providing suitable beds and bedding. SHP is a group of volunteers dedicated to finding those young children living without the luxury of sleeping on a bed or even laying their heads on a pillow. Through the wonderful efforts of volunteers and generous donations, bunk beds are built, assembled and delivered to those children who are otherwise sleeping on couches, blankets or even floors. At SHP, we have a mission:

**NO KID SLEEPS ON THE FLOOR IN OUR TOWN!**

## HOW CAN I HELP?

Every bed we build is handcrafted and constructed by volunteers willing to donate their time to help children in their community, funded by the generous donations of many. The joy that comes from delivering our beds to a child that otherwise doesn't have one is a life-changing adventure that our volunteers and sponsors can experience firsthand. Visit our website or give us a call and find out how you can donate, volunteer or host a Build Day!



## CONTACT INFORMATION

### SLEEP IN HEAVENLY PEACE

- 📍 PO BOX 116/Kimberly ID 88341
- ☎️ 1-844-432-BEDS EXT. 5555
- 📱 @SHPChippewaValley
- 🌐 SHPbeds.org
- ✉️ derrick.laufenberg@shpbeds.org

Visit **SHPbeds.org** for information about a SHP Chapter near you!



**NO KID SLEEPS  
ON THE FLOOR  
IN OUR TOWN!**

**SHP**  
SLEEP IN HEAVENLY PEACE



SHP is a registered 501(c)(3) non-profit serving children in need. And the best part? As a volunteer-driven organization, 100% of donations go toward building children's beds.

*Because every child deserves a safe place to sleep.*



SHP continues to grow with multiple locations throughout the country to serve your community. Visit our website to find the nearest chapter where you can get involved.

*We can even come to your city!*



Visit our website or call us to find out how you can donate, volunteer, or tell us about a child sleeping on the floor. We want to make every town our town because...

**NO KID SLEEPS ON THE FLOOR IN OUR TOWN!**

**COME SHARE THIS EXPERIENCE WITH US. WE PROMISE THE SAME JOY WILL COME TO YOU.**



## DONATE

Donate to a family in need.



## VOLUNTEER

Help us build and deliver beds!



## SPONSOR

Help us continue our mission.



### NO KITS HERE

Our bunk beds are built from scratch and built to last a lifetime.



### NO EXPERIENCE NEEDED

The builds follow SHP's simple and easy-to-follow bunk bed design and require no previous woodworking experience.



### READY TO SLEEP

Each bed is delivered and assembled to an appreciative home, complete with mattresses, pillows and bedding.



SHP and their partner organization schedules an event called a "Build Day" where volunteers build bunk beds:

- Inexperienced volunteers are trained and supervised by experienced ones from SHP
- All power/hand tools are supplied by SHP who will be on site for the Build Day
- Volunteers learn valuable trade skills
- Build Days let employees network and build relationships
- Volunteers provide necessary and critical support to the local community

With your kind donations and just a few volunteers...



...together we can give some children new beds so they can **Sleep in Heavenly Peace.**



*Tina Putney*

Certified Parent Coach



808 Macomber St Apt 7 Chippewa Falls, WI  
54729

763-219-9462

<https://www.tinaputney.com/>

putneylighthouse@gmail.com



*Come to the Lighthouse*  
PARENT COACHING

Join my Free parenting group on Facebook!  
Confident Parenting Leads to Hope

# Temperance

## Herbals & Healing

Apothecary & Healing Center

For Mini-Retreats



◆ Mountain Rose Herbs for Sale

◆ Free Rotating daily Sacred Blossom Teas from  
Gilmanston, WI

Check out their website: <https://www.sacredblossomfarm.com>

◆ Enjoy music on the record player (Mine or bring your own)

◆ Shop for Tea, self care items, such as bath salts, room sprays, healing balm, herbal satchels, eye masks, and more. An assortment of Crystals for sale.

◆ Come for a free Guided Meditation. Free crystal or tea diffuser for trying Meditation.

### Hours

Tuesday 8-4

Wednesday 8-11am and 2-8pm

Thursday 8-10 and 12-8pm

Friday 7-11am

Saturday 8-2pm

Closed Sunday & Monday

## OPENING March 19th

### Temperance Herbals & Healing

Apothecary & Meditation Center  
800 Wisconsin St. Bldg 2, Suite 405K  
Eau Claire, WI 54703

[www.temperanceherbalsandhealing.com](http://www.temperanceherbalsandhealing.com)

Amanda Talford  
(715)505-4795

Herb Infused Body Products  
Sacred Blossom Teas  
Bulk Herbs  
Astrology Readings



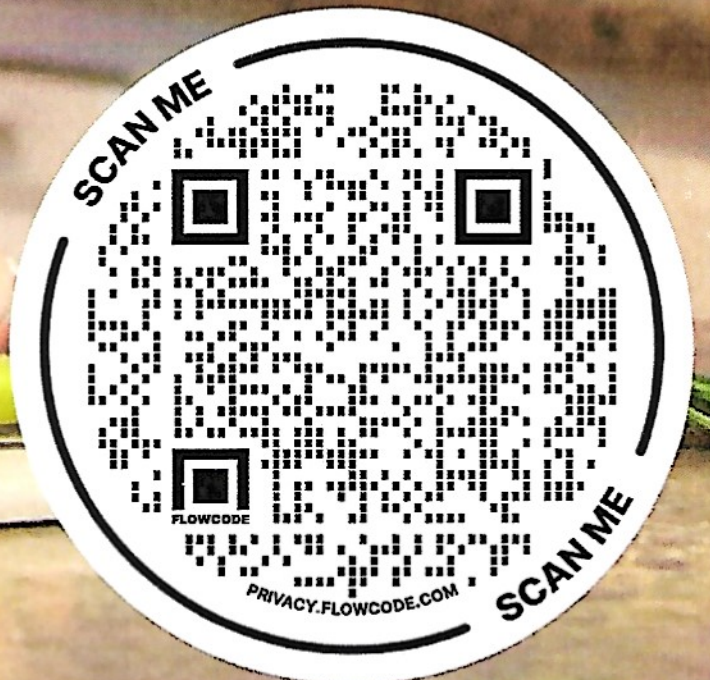


CHANGE THE HISTORY OF YOUR  
HEALTH JOURNEY!  
CREATE A HEALTHY LIFESTYLE  
THAT YOU AND YOUR FAMILY  
WILL LOVE.

# Monthly:

- HANDS-ON EDUCATION IN WORKSHOPS/DEMOS
- EMPOWERMENT WITH NUTRITION EDUCATION & MORE
- GROUP SUPPORT AND CONNECTION VIA ZOOM
- COMMUNITY OF MOTIVATED MEMBERS
- WORKBOOK & RESOURCES

*Learn more:*





Focusing on your  
Gut Health &  
Hormone Health

# HEALTHY & *Wholesome*

*Getting to the Root Cause of Your Symptoms and Living a Balanced Life*



## *About Penny Welke*

*Certified Functional Medicine Health Coach  
Certified Health Coach • Integrative Nutritional Health Coach*  
Specializing in Gut Health & Hormone Health

Penny has endured a health journey that has challenged her physically, mentally, and spiritually. Through these experiences, she has discovered that success in life is balance...in functional medicine, nutrition, lifestyle education, exercise, holistic therapies, and extensive learning. She is excited to use her combined experience to help others in getting to the root cause of their health issues, so that they not only survive, but thrive!

## **Book a FREE Discovery Call!**

*If you are excited to make some great changes in your life, I invite you to book a complimentary 30-minute discovery call with me. I can't wait to get to know you and see how I can help you in your journey in wellness!*

Focusing on your Gut Health & Hormone Health  
3119 Golf Road, Suite 103 • Eau Claire, WI 54701  
(715) 450-4781  
penny.healthyandwholesome@gmail.com  
www.healthyandwholesome.net



Focusing on your  
Gut Health &  
Hormone Health

# HEALTHY & *Wholesome*

*Getting to the Root Cause of Your Symptoms and Living a Balanced Life*

## *My Specialties*

You're ready to take the first step in your wellness journey. Here's how I can help you! Depending on your individual needs, I consider the following when I'm customizing your personal health plan, just for you:

*Hormone  
Health*

*Gut  
Health*

*Weight  
Management*

*Longevity*

*Detox  
Programs*

*Pantry  
Makeovers*

*Grocery  
Shopping  
Trip*

*One-on-One  
and Group  
Programs*

## **Do something good for your health!**

Get started today - sign up for a FREE 30-minute Discovery Call/Consultation with Penny. **Start now!**

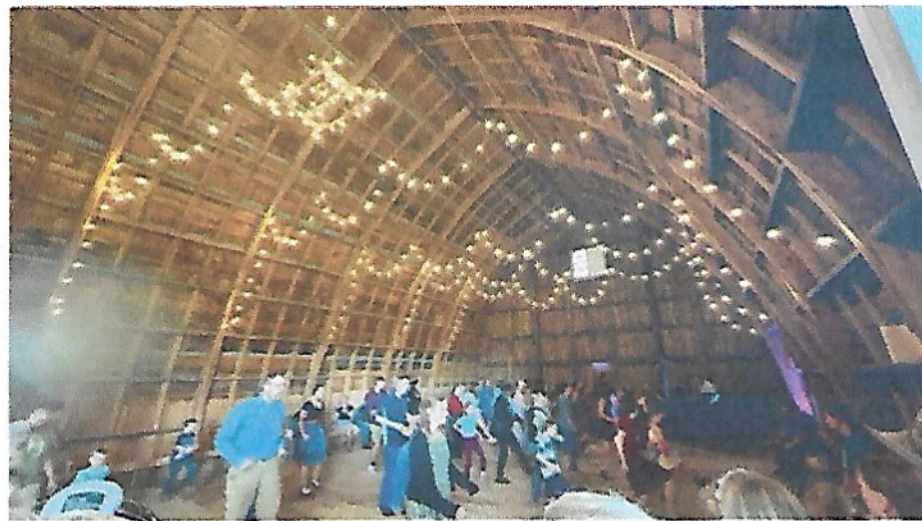
3119 Golf Road, Suite 103 • Eau Claire, WI 54701  
(715) 450-4781  
penny.healthyandwholesome@gmail.com  
www.healthyandwholesome.net



# Schumacher Valley Events

A barn wedding event center with rustic charm and elegant ambiance.  
Located on picturesque farmland.

Wedding Venue · Concert Band · Event Planner



## Contact information:

📍 7665 Schumacher Rd, Fall Creek, WI, United States, Wisconsin

☎ (619) 507-2752

✉ Kcnyseth@hotmail.com

🔗 <http://Woodenvalor.com/>

📘 <https://www.facebook.com/profile.php?id=61557544388546>