



MWOHS October 2020 Newsletter

MWOHS Region of NOHS would like to thank all who attended the SOHS/MWOHS Regional Collaborative Virtual Conference in October, Rise Up! "Hope Is On The Horizon". Special thanks to our sponsor Baker College and their technology department, the presenters and others who helped make this regional collaborative virtual conference a success.



As we end "Mental Illness Awareness" this month, below is an educator from the Midwest region who expresses how she once struggled with depression and anxiety in her book called "Keep Pedaling". Read how she overcame challenges when there's no conversation from home. Will she learn to overcome the struggles, and will she learn to live again to discover her beauty within? This is a good read for all who like to hear firsthand from someone who has faced depression and anxiety. The book can be purchased for \$20.00 on Amazon and the author's website (see links below).

https://www.amazon.com/KeepPedaling-Wyntra-Johnson/dp/B08JF16KN7/ref=sr_1_1?crid=2S023YF1E62JR&dchild=1&keywords=wyntra+johnson&qid=1603654153&srefix=wyntra%2Caps%2C163&sr=8-1
<https://www.wyntrastorms.com/>



If you like to know more about mental illness, please visit the National Alliance on Mental Illness (NAMI) (<https://www.nami.org/Home>). Visit their National Mental Illness Week page <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week>, to read and listen to stories, watch and share videos.

SAVE THE DATE! MWOHS Virtual Happy Hour is November 12th

Join us November 12th for a non-formal Virtual Happy Hour to learn how you can get more involved in your region and hear about the exciting events/programs coming up for 2021.

Topic: MWOHS Virtual Happy Hour
Date: Thursday, November 12, 2020
Time: 2 PM CST/ 3PM EST
Zoom Information: Coming soon