



E-NEWS: NOVEMBER

People Incorporated Mental Health Services

Success at the 2025 Artability Art Show & Sale!

This year's Artability Art Show & Sale featured over 350 art pieces, more than 30 written works, and celebrated the talent of over 100 artists!

Guests connected with one another, shared their stories, and enjoyed a vibrant atmosphere filled with delicious food, a live Haiku writer, a photo booth, and more!

This year's Ambassador Artist for 2026 is Saber DeMare!



This drawing is titled *Coming Into The Light*

The artwork that wins Best in Show at the Artability Art Show becomes our Artability Ambassador piece for the following year. The winning artwork represents the spirit of Artability -creativity, community, and resilience- and is featured on all our promotional materials, including posters, t-shirts, and event graphics. As the Artability Ambassador, the artist helps share the power of art and mental health through their inspiring work.

Moments from 2025 Artability!



2025 Give to the Max Day

Give to the Max Day is this month! We are excited to launch this campaign supporting Children and Family Services, which will run from November 1-21.

Join us in making a meaningful impact this month!

**Your generosity helps us remove barriers to care and make sure no child is turned away.
Every dollar counts.**

\$25 – Provides a student with art supplies for an Artability workshop.

\$50 – Covers lunch for 10 kids in summer programming.

\$100 – Supports transportation so youth without reliable access can attend therapy.

\$250 – Sponsors a therapy group session in school.

\$500 – Helps cover uncompensated care for a family in need.

\$1,000 – Funds a Mindful Mondays day of services for multiple youth, including therapy, groups, and creative workshops.

Your generous contributions will have an impact on the well-being of children and families throughout our community.

[Click here to donate!](#)



2025 Community Conversations & Conference Video

This year's Community Conversation & Conference video is now available! Held in July, the event featured meaningful conversations, connection, and learning focused on mental health and navigating uncertainty.

Stay tuned for next year's conference details!



651-774-0011



info@peopleincorporated.org



3000 Ames Crossing Rd, Suite 600, Eagan, MN 55121

November is Gratitude Month!

It is officially Gratitude Month at People Incorporated!

Gratitude is a practice that strengthens our community, uplifts our spirits, and deepens our connections to one another. Expressing gratitude can reduce stress, boost mental and physical health, and foster stronger relationships.

This month, take a moment to pause, reflect, and express appreciation for the people and moments that make a difference in your life.

We have added a mindfulness practice that individuals can use to reset and show up with intention, called P.I.E.

Pause – Stop for a moment and reflect.

Inhale – Breathe in deeply with intention.

Exhale – Let go of stress and share your appreciation.



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