



AUGUST E-NEWSLETTER

Making mental health accessible to all.

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*Coming Into the Light
By Saber DeMare*

**2026
Artability
Art Show
& Sale**

THIS IS ME

Evening Highlights
Join us for an evening of art, creativity, and connection featuring an art showcase & sale, interactive art stations, bites & cocktails. Free & open to all.

Friday
**OCTOBER
23**
4:00 - 8:00 PM
UNION DEPOT
214 4th St E, St Paul, MN 55101

2026 Community Conversations & Conference

Youth Mental Health & Digital Wellness

We had an incredible time at the 2026 Community Conversations & Conference! More than 75 attendees gathered at Saint Paul College, including professionals, community members, and thought leaders for a day of education, inspiration, and collaboration.

This conference brought together mental health providers, educators, students, and more to explore one of today's most pressing topics: Youth Mental Health and Digital Wellness. Together, we examined how technology, social media, and online experiences are shaping the lives and well-being of young people.



Thank You to Our Sponsors



CFAM x CHIP x Artability Show Is Next Month!

THIS IS ME: WORKS IN PROGRESS

On display by appointment only
now through September 9.

Public Exhibition on September 10 at 5 PM
in the Interprofessional Student Lounge (HSEC 7-110)
within the Health Sciences Education Center on the
University of Minnesota Twin Cities campus.





GIVE BACK MONDAY

HELP PROVIDE ART SUPPLIES THAT SUPPORT HEALING AND RECOVERY

Every purchase gives back.

Join us at LTD Brewing for Give Back Monday, where 20% of the day's revenue will help provide art supplies for People Incorporated's mental health treatment programs.

Monday, August 31st

LTD Brewing
725 Mainstreet
Hopkins, MN 55343

Drop in from
2:00 - 10:00 PM

Create with Artability!

Stop by between 4-7 PM to enjoy a hands-on Artability activity while supporting mental health in our community.

MIX & MAKE A DIFFERENCE EXCEEDS GOAL

People Incorporated and the Women's Business Development Center (WBDC) welcomed community members to Urban Growler Brewing Company on June 24 for *Mix & Make a Difference*, an evening of networking and giving back.

Thanks to the generosity and enthusiasm of attendees, the event surpassed its original goal of 300 hygiene kits, with volunteers assembling more than 400 kits for women in our community. The kits provide essential personal care items and help support individuals facing financial hardship—demonstrating the powerful impact that can happen when people come together to make a difference.

