

OCTOBER NEWSLETTER

Making mental health accessible to all.

PEOPLE
INCORPORATED

2026 Artability Art Show & Sale

THIS IS ME

Is THIS Month!

Join us, Friday

OCTOBER 23

4:00 - 8:00 PM

UNION DEPOT

214 4th St E, St Paul, MN 55101

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.

Coming Into the Light
By: Saber DeMare

artability
PEOPLE
INCORPORATED

Thank You to Our Sponsors!



Save the Date: Give to the Max Day is Coming!



Give to the Max Day is Minnesota's annual day of giving, bringing communities together to support causes that make a difference. This year, People Incorporated is excited to participate once again and raise critical funds that help expand access to mental health services, support programs, and resources for those we serve. Our focus this year is Children & Youth Services.

Early giving opens on November 1st, and Give to the Max Day takes place on November 19th. Whether you're a longtime supporter or new to our mission, your gift can help create hope, healing, and brighter futures for individuals and families across our community.

Watch our social media accounts for more details in the coming weeks, including fun ways to participate and help maximize your impact. We can't wait to share what's ahead!

[Learn more & support our campaign through our GiveMN page.](#)

MENTAL HEALTH TRAINING ON-DEMAND

The Training Institute offers on-demand courses that provide affordable, accessible learning for you and your staff. These short, focused trainings can be completed anytime, from anywhere, and help strengthen skills related to behavioral health and core professional competencies.

Diagnoses Topics

- Attention Deficit Hyperactivity Disorder (ADHD)
- Anxiety Disorders

Core Topics

- Building Resiliency
- Compassion Fatigue
- Difficult Conversations

[Click HERE to register and explore more courses!](#)



651-774-0011



info@peopleincorporated.org



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

ART THAT CONNECTS: SHARING STORIES, BUILDING UNDERSTANDING

We were thrilled by the success of “This Is Me: Works in Progress,” an Artability exhibition and storytelling event held in partnership between People Incorporated, the University of Minnesota Center for the Art of Medicine (CFAM), and the Center for Health Interprofessional Programs (CHIP). The exhibition explored the connections between mental health, creativity, and healthcare, bringing together art, science, and storytelling.

The exhibition gave Artability artists the opportunity to share their work with friends, family members, healthcare professionals, students, and community members, while helping new audiences better understand mental health through creative expression. The event also featured a live reading by five writers from Artability's creative writing program, each of whom worked with the program's creative writer to refine and strengthen their pieces before presenting them to attendees.



Thank you to the University of Minnesota, our artists and writers, staff, and everyone who attended and supported this exhibition. Your support helped make This Is Me: Works in Progress a meaningful celebration, and we look forward to creating more opportunities for artists to share their stories with the community.



651-774-0011



info@peopleincorporated.org



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