



September

WINC (Winona in Nature & Community) Lake Walk & Gathering **September 8th, 2023**

East Lake Winona
113 Lake Park Dr, Winona, MN
1:00PM - 3:00PM

WINC (Winona in Nature & Community) Lake Walk & Gathering **September 9th, 2023**

East Lake Winona
113 Lake Park Dr, Winona, MN
10:00AM - 12:00PM

WINC (Winona in Nature & Community) Lake Walk & Gathering **September 11th, 2023**

Flyway Trail at Latsch Island Beach, Winona
10:00AM - 11:15AM

Understanding Grief **September 12th, 2023**

Holmen Public Library
10:00AM

Back to School Mindfulness Workshop **September 14th, 2023**

La Crescent Community Building
4:30PM

Using Humor to Write Through the Hard Stuff **September 16th, 2023**

La Crescent Community Building
10:00AM

WINC (Winona in Nature & Community) Lake Walk & Gathering **September 18th, 2023**

East Lake Winona
113 Lake Park Dr, Winona, MN
4:00PM - 6:00PM

Resilient and Trauma-Informed Community Foundation Training **September 19th, 2023**

La Crosse Public Library - Main Hall
4:30PM - 7:30PM

Stress, Trauma, Resilience, and Healing **September 20th, 2023**

Onalaska Public Library
6:00PM

Trauma Sensitive Yoga Practice **September 21st, 2023**

La Crosse Public Library - Main
5:30PM

Forest Bathing **September 24th, 2023**

Great River Bluffs State Park
10:00AM

October

WINC (Winona in Nature & Community) Lake Walk & Gathering **October 1st, 2023**

Holzinger Lodge (925 West Lake Blvd, Winona)
1:00PM - 4:00PM

Adult & Youth Mental Health First Aid Training **October 6th, 2023**

La Crosse Public Library: Adult Training
Dahl Family YMCA: Youth Training
8:30am-4:00pm

WINC (Winona in Nature & Community) Lake Walk & Gathering **October 6th, 2023**

Prairie Island Nature Trail, Winona
10:00PM - 11:15AM

Mental Health Resource Fair **October 7th, 2023**

Winona Public Library
10:00AM - 12:00PM

Mental Health Resource Fair **October 8th, 2023**

La Crosse Public Library - Main
2:00PM - 4:00PM

Understanding Caregiver Stress **October 10th, 2023**

Holmen Public Library
10:00AM

Little Heart Project **October 12th, 2023**

La Crosse Public Library - Main
5:30PM

Parental Advocacy for Children's Mental Health in Schools **October 14th, 2023**

La Crescent Community Building
12:00PM

Brain Stuff: How to Make Friends with Your Nervous System **October 17th, 2023**

Winona Public Library - Bell Art Room
4:30PM

Storytime For Adults **October 17th, 2023**

Pump House
6:30PM - 8:00PM

Brain Architect Game & Film Showing of Resilience: the biology of stress & the science of hope **October 19th, 2023**

Winona Public Library - Bell Art Room
4:00PM - 6:00PM

Heart Strings Harp Circle **October 25th, 2023**

Onalaska Public Library
6:00PM

NAMI In Our Own Voice **October 26th, 2023**

La Crosse Public Library
5:30PM

November

Strengthening Your Squad **November 4th, 2023**

Onalaska Public Library
10:00AM - 12:00PM

Writing Their Way Home: Veteran Stories and Survival **November 7th, 2023**

Onalaska Public Library
1:00PM



GUNDERSEN
HEALTH SYSTEM



This program is brought to you in part with funds from the Winona Community Foundation, Gelatt-Gephart Foundation, Community Foundation of La Crosse, Gundersen Health System, Dharma River, Friends of the Winona Public Library, Friend of the La Crescent Public Library, and the La Crosse Public Library.

For More
Information visit:
[driftlessregional
read.com](http://driftlessregionalread.com)



2023 Regional Read Programming Schedule

For More
Information visit:
[driftlessregional
read.com](http://driftlessregionalread.com)

November Continued

What is a Healthy Mind and How Can We Cultivate It?

November 16th, 2023

Online - Zoom

6:00PM

Rebuilding Community and Culture Through Activism

November 18th, 2023

La Crescent-Hokah Middle School Auditorium

1:00PM

December

Music for Community Connection

December 5th, 2023

Onalaska Public Library

6:00PM

What Happened To You?

Book Discussions

SEPTEMBER

Sept. 18th, 2023 10:00AM

La Crescent Public Library

Sept. 25th, 2023 11:00AM

Holmen Public Library

Sept. 28th, 2023 1:30PM

Onalaska Public Library

OCTOBER

Oct. 2nd, 2023 6:00PM

Dahl YMCA

Oct. 3rd, 2023 1:00PM

Hazel Brown Leicht Memorial
Library - West Salem

Oct. 4th, 2023 2:00PM

Winona Public Library - Bell Art Room

Oct. 9th, 2023 6:00PM

Houser YMCA

Oct. 10th, 2023 10:00AM

La Crosse Public Library

Oct. 16th, 2023 5:00PM

Dahl YMCA

Oct. 18th, 2023 11:00AM

Shirely M. Wright Memorial Library -
Trempealeau

Oct. 23rd, 2023 5:00PM

Houser YMCA

NOVEMBER

Nov. 9th, 2023 11:00AM + 5:00PM

Elroy Public Library



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