

## May 2019 Peer Networking Meeting!

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## May 2019 Peer Networking Meeting

### ***Greetings!***

We hope you will join us for our monthly Long Island Peer Networking Meeting hosted by our very own Emily Vaianella, Outreach and Training Peer Specialist, and Ralph Matalone, Peer Support Line Peer Specialist.

### **“Building Confidence”**

This workshop, facilitated by Tara Fruin, will allow space for us to explore our individual battles, and journeys toward a more confident self.

Tara will bravely share her personal Journey - from her struggles to her achievements, & how she was able to change her mindset & find self-confidence.

The meeting will be held  
**Thursday, May 16th from 3:30-5:00 pm.**  
We will meet at the Association for Mental Health and Wellness, Pollack Center,  
**939 Johnson Avenue in Ronkonkoma in the cafeteria.**

*"It has taken me thirty something years to find my self-worth. I went from the girl who felt so unworthy, I hide myself within myself with food and alcohol and baggie clothes. To woman who gets up at 4:30 am, to get to the gym before work in leggings. A woman who joins all the work functions, creates teams and motivates my peers to strive for more. I want everything life has to offer."*

**Please R.S.V.P by replying to Emily Vaianella & share with those who may be interested.**

See flyer below & email me with any suggestions for topics or if you are interested in presenting at future meetings.  
We hope to see you there!

Association for Mental Health and Wellness | 939 Johnson Avenue, Ronkonkoma, NY 11779

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