

## REMINDER: This week's Healing Connections Peer Support Groups

Emily Vaianella

Sun 11/24/2019 6:05 PM

To: Rita Cronise <rmc277@shp.rutgers.edu>



## *Healing Connections Peer Support Groups Online and In-Person*

### **Greetings!**

*We invite you to join us for our  
Healing Connections Peer Support Groups  
**Held in person on Thursday nights from 7:00 - 8:30 pm**  
in the front conference room at the Association for Mental Health  
and Wellness Pollack Center, 939 Johnson Ave, Ronkonkoma*

**Our In-Person Meeting on Thanksgiving will be cancelled  
and moved to Wednesday, November 27th**

**In addition to our in person gathering,  
we also offer online Peer Support Groups on  
Saturday and Sunday evenings  
from 6:30 - 8:00 pm.**

*You can access our online Peer Support Group  
by going to [mhaw.org](http://mhaw.org) or [clicking this link](#)*

*At the time of the meeting, press the "click here to join the support  
group" link, and you're in!*

*You may be prompted to download the "Zoom" app the first time you log in. You will  
have the option of using the audio from your device/computer, or from a telephone.*

**Please see the below flyers for the Healing Connections Peer  
Support Groups for more information, and to view our  
Guiding Principles**

For any questions regarding these meetings, please contact  
Emily Vaianella, Outreach & Training Peer Specialist  
[evaianella@mhaw.org](mailto:evaianella@mhaw.org)

ASSOCIATION FOR  
MENTAL HEALTH AND WELLNESS



*To Advocate. To Educate. To Empower. Together.*

## Healing Connections Peer Support Groups

We offer our in-person peer support group on:  
Thursdays from 7:00 – 8:30 pm in Ronkonkoma



Healing Connections Peer Support Groups are:

- For and by people who experience emotional distress, extreme and/or altered states of consciousness, labels of psychiatric diagnosis and/or who are trauma survivors
- Co-created space to connect, share, support, and vibe

Facilitators, who are they and why?

- People who are trained peer specialist who also experience emotional distress
- To guide the support group and offer mutual support

Contact:

Healing Connection Peer Support Groups

[healingconnections@mhaw.org](mailto:healingconnections@mhaw.org)

631-471-7242 ext. 1390

ASSOCIATION FOR  
MENTAL HEALTH AND WELLNESS



*To Advocate. To Educate. To Empower. Together.*

## **Healing Connections Peer Support Groups**

We offer our online peer support groups on:

Saturdays and Sundays 6:30 – 8:00 pm EST

Visit <http://mhaw.org/programs/online-peer-support-groups>



**Healing Connections Peer Support Groups are:**

- For and by people who experience emotional distress, extreme and/or altered states of consciousness, labels of psychiatric diagnosis and/or who are trauma survivors
- A space to connect, share, support, and vibe

**Facilitators, who are they and why?**

- People who are trained peer specialists who also experience emotional distress
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## GUIDING PRINCIPLES

Our Guiding Principles are adapted from the following resources:

Western Massachusetts Peer Network's Declaration of Peer Roles and Shery Mead's Intentional Peer Support (IPS)

Healing Connections Peer Support Groups were created for and by people who experience emotional distress, extreme and/or altered states of consciousness, substance use, labels of psychiatric diagnosis, and/or who are trauma survivors. We come together to share information, hope, joys, fears, successes, and hardships in the 'most' safe space we co-create to mutually support, heal, and grow together. We all are collectively responsible for the comfort of our group!

Healing Connections' facilitators are trained Peer Specialist, who have their own experience with emotional distress. The facilitators are there to guide the support group and offer peer support.

- We are based in self-help and mutual support.
- We believe in the probability that we all can and will heal.
- We value human language that is non-clinical. This allows each person a space to explore and find their own meaning in their life and their experiences (worldview).
- We believe in the healing power of choice. Attendance and participation are completely voluntary. It's okay to just listen.
- We are not here to "fix" each other or give advice, but rather "be" with one another, creating a culture of reciprocal respect and support.
- We refrain from universalizing our experience and our worldview. Difference is expected, welcomed, and honored.
- We refrain from judgment! We challenge ourselves to intentionally come from a place of genuine curiosity when people share their experience and worldview.

Healing Connections Peer Support Groups

Phone: 631-471-7242 ext. 1390

Email: [healingconnections@mhaw.org](mailto:healingconnections@mhaw.org)

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

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