

Peer Networking Meeting THIS THURSDAY!!

Emily Vaianella

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To: academy.virtual.community@gmail.com <academy.virtual.community@gmail.com>



December 2019 Peer Networking Meeting

Greetings!

We hope you will join us for our
monthly Long Island Peer
Networking Meeting

hosted by Emily Vaianella, Outreach
and Training Peer Specialist,
and Ralph Matalone, Peer Support
Line Peer Specialist.

“Exploring Meditation & Yoga”

During this workshop we will dive
into the depths of holistic healing.

We will look at the common
misconceptions surrounding yoga
and meditation while also exploring
different approaches to an array of
mindful practices.

Presenter and Registered Yoga
Therapist, Robbie Lettieri, credits
these mindful practices as being a
key role in his road to recovery.
Come join the discussion and learn
techniques support your road to
finding peace within.

The meeting will be held:
Thursday, December 19th
from **3:30-5:00 pm.**

Association for Mental Health and
Wellness, Pollack Center,
939 Johnson Avenue in
Ronkonkoma in classroom 3



Robbie Lettieri

*"Robbie Lettieri is a national public
speaker and human rights activist who is
open about his experiences with
emotional distress, extreme/altered
states of consciousness, and being a
suicide survivor.*

*He grew up in the health care and
mental health system while battling
chronic illness and is now passionate
about spreading love and kindness into a
world that he feels desperately needs it.*

*Mr. Lettieri currently works as an
Outreach and Training Peer Specialist at
Association for Mental Health and
Wellness while also working as a
Registered Yoga Therapist across Long
Island. Robbie co-facilitates the Careers
in Recovery and Wellness Training in
Ronkonkoma, New York while also
passionately spreading awareness
debunking the myth of mental illness and
shining light on natural human
experiences."*

Please R.S.V.P by replying to Emily Vaianella

evaianella@mhaw.org

631-471-7242 ext 1341

& share with those who may be interested.

If you can't make it in person, don't worry! This meeting is also being offered virtually, through the Zoom platform!


Click the link below at the time of the meeting to join

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!

Click [HERE](#) to join December's Peer Networking Meeting!


ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



To Advocate. To Educate. To Empower. Together.

Long Island Peer Networking Meeting

We meet the 3rd Thursday of each month from 3:30 – 5:00 pm



LI Peer Networking Meeting, who are we and why?

- 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 to network
- A space to connect, share, discuss, and vibe
 - Email us any Topics of Interest
 - Interested in presenting? Please let us know

Contact:
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631-471-7242 ext. 1341

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

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