

January 2020 Peer Networking Meeting!

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January 2020 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.

"Strength in Solitude"



This workshop will be facilitated by Ralph Matalone, New York Certified Peer Specialist, currently working at the Peer Support Line for MHAW.

He will be discussing his life long journey in a continuously isolated world. The pain that has pushed a deeply sensitive human being into that dark hole, and how he found a light; overcoming all the odds, using his circumstances, gaining an inner strength, and the deep insight and understanding it gave him to help and support others.

Ralph looks forward to sharing the darkness, the light, and his "Strengths In Solitude".

The meeting will be held
Thursday, January 16th

"Hello. my name is Ralph Matalone. I am 52 years old. Please join me on this day for a moment of silence.

"Silence Speaks Loudest", as I know for my life, my emotions, my hopes my dreams and every bit of potential I had in this life has been silenced from family, from friends and even strangers. A deeply sensitive, creative and understanding and passionate human being whose spirit and soul has been crushed. I spend my days lost with literally no identity and reaching out only to bump into the demons, ghosts and dark shadows that have plagued me and destroyed my life.

I am an adopted child, so different than the world and family I was born into. I was tortured and bullied psychologically so brutally and rejected every single day of my life as a child and the ripple effect carried into my adulthood. You may see me as a an adult and a human being, but I don't. There is still a child in me waiting to grow. A brilliant human being with so much creativity, yet misunderstood and thrown into this world labeled as an outcast. The worse thing I had to deal with was not the bullying, it was coming home to a family that was a million miles away emotionally. So with all I suffered in a day, I took with me in silence as I came home at night. This is a trend that set me up for the rest of my life. I tried to reach out to others with buried anger and pain and I only got turned away from those who couldn't know me and from there I drifted farther and farther into a world of complete isolation, depending upon no one but myself and supporting myself emotionally.

It is only the heart and the inner strength I was born with that has kept me alive all these years. It is the same heart and vision so crushed that helped me to see a light and try to help and support others. I never want anyone to feel alone or live in silence. I am here to embrace those who choose to be embraced. Please join

3:30-5:00 pm.

We will meet at the Association for Mental
Health and Wellness, Pollack Center,
939 Johnson Avenue
Ronkonkoma, in Classroom 3

*me in this moment today as I have a voice for
the first time and I give you a voice. The road
has been long and there is a long road ahead
but I will keep moving forward tearing down the
walls internally and externally finding Strength In
Solitude."*

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**

[Click here to join January'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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