

February Peer Networking Meeting!

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



February 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.

“The Importance of Empathetic Listening”

During this workshop, facilitated by Kyle Karpilovsky, we will explore the values and true meaning of empathetic listening. Kyle will be sharing how he has gained more awareness, and a better understanding when communicating with others, through compassion and insight. We will discuss the ways in which we can all practice to become better listeners in both our personal relationships and everyday lives.

The meeting will be held
Thursday, February 20th, 2020
from **3:30-5:00 pm.**

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

Please R.S.V.P by replying to Emily Vaianella
evaianella@mhaw.org
631-471-7242 ext 1341



Kyle Karpilovsky

Kyle Karpilovsky is a trauma and suicide-survivor with a passion for public speaking and peer support. He is open about his personal experiences of emotional distress/trauma and looks forward to building mutual connections with people. He currently works as a Peer Specialist for the Peer Support Line at the Association for Mental Health and Wellness in Riverhead, New York, which operates on weekends only. Kyle doesn't believe in labels and thinks everyone has their own individual struggles. He values supporting people where they're at in their lives through mutually-supportive conversations.

& 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 this meeting!

*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!*



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:

Emily Vaianella

evaianella@mhaw.org

631-471-7242 ext. 1341

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

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