

DRAFT Join us for this month's ONLINE Peer Networking Meeting!

Emily Vaianella <evaianella@mhaw.org>

Wed 3/18/2020 7:29 PM

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



March Peer Networking Meeting

Following guidance from the Governor and County Executive, the offices of the Association for Mental Health and Wellness (MHAW) are closed for an indefinite period of time. Since the Coronavirus began to invade our lives and restrict our lifestyles, many of us have struggled with the onslaught of frightening messages and the negative effects of social isolation.

Many community members have communicated their need for increased support and guidance.

For full announcement:

<https://drive.google.com/file/d/1wBDLakuWAUQgfMLDBhvDkfzwxKe3IAAX/view>

During this public emergency period, we will be offering our Long Island Peer Networking Meeting online and by phone.

hosted by:

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

“Allowing ourselves to experience emotions”

This month's Peer Networking Meeting, facilitated by Emily Vaianella, will be different than we've experienced before. With the world around us sending messages of fear, it's important to come together and support one another when we're being asked to “socially distance” ourselves from one another. I feel afraid in our world a lot, and worry more than I'd like to admit, but I think allowing myself to feel this way is what gets me by. Coming to the realization that I'm allowed to be afraid, or have any other emotions that come along with that, allows me to rise up and not only support myself but others as well.

In this workshop, we'll explore how these feelings can be turned into our superpowers. Although distressing, and usually exhausting, I'm grateful that I feel.

Emily Vaianella, NYCPS

Emily Vaianella currently works as an Outreach and Training Peer Specialist and HCBS Peer Specialist with the Association for Mental Health and Wellness. Emily is open about her own experiences with trauma, emotional distress, surviving suicide, and surviving the oppressive Mental Health System.

Emily has been involved in the Peer Support Movement for over five years. She currently co-facilitates MHAW's Careers in Recovery and



Wellness Training, coordinates and facilitates the Long Island Peer Networking Meeting and Ongoing Employment Support and Education Meeting, and Healing Connections Peer Support Groups. Emily is dedicated to supporting spaces where we can learn and grow from each other, while bringing the Core Values and Principles of Peer Support into her work."

The meeting will be held:
Thursday, March 19th, 2020
from **3:30-5:00 pm.**
Please R.S.V.P by replying to Emily Vaianella
evaianella@mhaw.org
& share with those who may be interested.

Join us on our Zoom platform by clicking the link below at the time of the meeting.
If you do not have zoom capabilities, you can join us by dialing in for audio only.

Dial by your location
+1 929 205 6099 US (New York)
+1 312 626 6799 US (Chicago)
+1 346 248 7799 US (Houston)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US
+1 301 715 8592 US
Meeting ID: 752 118 442
Find your local number: <https://zoom.us/j/ab49ZfkmGG>

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!

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:

Emily Vaianella

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