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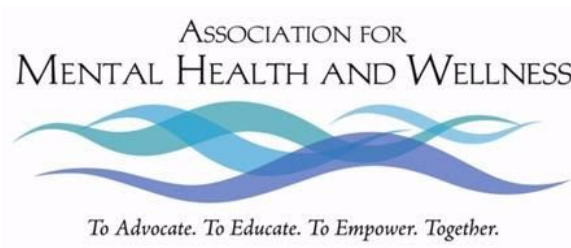
**Join us Thursday May 7th online for our Long Island Peer Networking/Bi-County Empowerment Collaborative Meeting!**

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Emily Vaianella <evaianella@mhaw.org>  
Reply-To: evaianella@mhaw.org  
To: academy.virtual.community@gmail.com

Thu, Apr 30, 2020 at 6:26 PM

**Peer Networking/Bi-County Empowerment  
Collaborative Meeting**



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

The meeting will be held:

**Thursday, May 7th, 2020**

from **3:30-5:00 pm.**

**Please R.S.V.P by replying to Emily Vaianella**  
[evaianella@mhaw.org](mailto:evaianella@mhaw.org)

**& share with those who may be interested.**

*hosted by:*

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

and

Bi-county steering committee members: Alex Frisina



## **"Harnessing Hip Hop"**

**Alex Frisina**

*Alex Frisina is the Long Island Regional Youth Partner for YOUTH POWER! of Families Together in NYS. His life experience is what brought him to this role and what fuels his advocacy. As a individual with experiences ranging from being adopted to being labeled as Special Education and dealing with depression, there are many times that Alex found himself feeling isolated and alone. In these times he began to utilize his creativity to be his voice when he felt unheard. This started with poetry and short stories but then evolved into the pursuit in a career in Hip Hop.*

*Harnessing Hip Hop is truly aimed to engage people of all interests and remind them the power of their passions to aid them in their journey to wellness and also help to grow their voice in advocacy. Even if Hip Hop is not a large interest of yours this workshop helps to explore your own creativity and passions, and expand upon the power you already have to create wellness, connections, and change for yourself and others.*

**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 on your phone for audio only.**

**Call in number:**

**+1 929 205 6099 US (New York)**

**Meeting ID: 805 602 794**

**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

Online

1<sup>st</sup> and 3<sup>rd</sup> 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
  - Please RSVP

**Contact:**

**Emily Vaianella**

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

631-471-7242 ext. 1341

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