

Join us Thursday, August 20th online for our Long Island Peer Networking Meeting!

Emily Vaianella <evaianella@mhaw.org>

Mon 8/17/2020 9:16 AM

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



## August 20 Peer Networking Meeting

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*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, August 20th, 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:

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

### **"Face Me, 'SUPPORT' and Embrace Me"**

"Today's workshop will be facilitated Ralph Matalone, New York Peer Specialist, currently working on Peer Support Line for MHAW. Today Ralph will be discussing his life long journey of Psychological abuse. For him the most emotionally damaging thing wasn't just the abuse. It was isolation and the continued lack of support in his life.

Ralph is a survivor of the Mental Health system, Life long prescription drug addiction, and attempted suicides that no one ever knew about, until today. Ralph is an adopted child fighting back for justice and all that hurt him. His trust and faith in people is destroyed and now he is advocating to support others through all his own pain and experiences. Ralph had to make a choice to to go about his life alone, which he did or end it. He is here today to talk about Emotional Support for the mind as food is to the body. You cannot live without either one. Please join me, support me and let me support you today."

### **Ralph Matalone, New York Certified Peer Specialist, Peer Support Line Peer Specialist**

"Hello My name is Ralph. I just want to start by thanking you all for coming and for sharing. The picture you see above is a cascading water fall deep in the Blue Ridge Mountains of Georgia. I was there in December of 2017. One of my greatest loves is nature and wilderness as I so dream of living in a log cabin deep in the country, and in the forest somewhere off a country road. Sadly as I once disclosed this to a family member, I was called a recluse and hermit, as that person was stating what was best for them, yet not listening to or supporting me. This was one



incident that is a huge part of my downfall as I caved into this ignorance. I am a survivor in a very cruel, cold and shallow world, where I was just too deep and too sensitive to make it. I am 53 years old, still struggling to try and accept myself as a human being and as an adult, where a world full of labels defined me, rather than the true human being that stands here before you today. I am not looking to indulge in the past, yet I need to get to the core issues and find closure if I ever intend to move forward, With a single ounce of support, human connection and understanding, A once perfectly normal child would not have been labeled abnormal and outcast and the broken human being I have become. Right now I am just struggling to piece my life back together, like a puzzle with so many missing pieces that make it whole and complete. Most of all I am now aware that I cannot do this without Emotional Support. Please join me today as we SUPPORT each other."

**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

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