

Join us Thursday, September 17th online for our Long Island Peer Networking Meeting!

Emily Vaianella <evaianella@mhaw.org>

Thu 9/10/2020 8:52 AM

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



## September 17 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, September 17th, 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.**

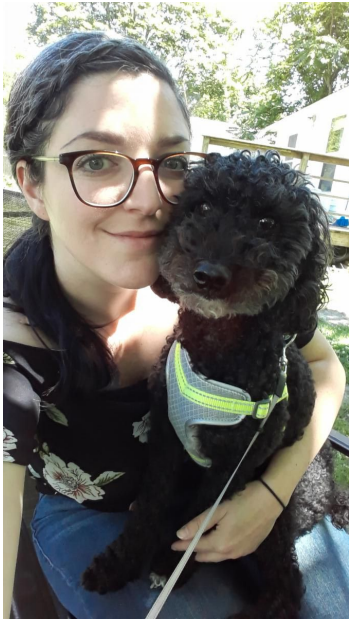
hosted by:  
Emily Vaianella, Outreach and Training Peer Specialist,  
and Ralph Matalone, Peer Support Line Peer Specialist.

### **"Finding My Voice, and the Strength and Empowerment in Speaking Up"**

"My whole life I have struggled to use my voice. Since childhood, it has been difficult to look someone I did not know very well in the eye, or speak to them without feeling panic or fear. I have thought that what I had to say is not important enough, or bothersome, or may result in rejection. In this meeting, I will share my experiences with the difficulties I have had in speaking up, and how I am learning that what I have to say is worthy of being heard. Our voices are important in advocacy, for sharing experiences and making connections. Let's discuss how we use our voices, the barriers that may keep us from speaking up, and how we can overcome those barriers."

#### **Jamie Bakr, NYCPS-P, Healing Connections Peer Support Groups Facilitator**

"Hello, all! My name is Jamie Bakr. I am a New York Certified Peer Specialist and facilitate MHAW's Healing Connections Peer Support Groups. I am a psychiatric system and suicide survivor. My experiences in the psychiatric system began when I was 12 years old. I was diagnosed with a handful of disorders, which led to medicated "treatments" that were more harmful than helpful to me. I have since come a long way in my healing process and have rediscovered myself beyond the labels that were given to me. I am passionate about



human and animal rights, I am a music and art enthusiast, and feel most at home and at peace when I'm out in nature. Peer support has played a vital role in my journey to healing, and introduced me to a community of compassionate, empowering, and beautiful humans."

**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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631-471-7242 ext. 1341

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