

Join us Wednesday September 9th for a "Support the Supporters" Peer Specialist Support Group! Online or by phone!

Emily Vaianella <evaianella@mhaw.org>

Tue 9/8/2020 9:01 AM

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

September 9 2020

**Ongoing Employment Support
& Education Meeting!!**



During this public emergency period, we will be offering our Ongoing Employment Support & Education Meeting Bi-weekly online and by phone

The 2nd Wednesday of each month will be a "Support for Supporters" Peer Specialist Support Group, and the 4th Wednesdays of each month will be an educational topic.

Join us for the Careers in Recovery and Wellness Training Center's
Ongoing Employment Support & Education Meeting
WEDNESDAY, September 9, 2020 4:30-6:00 PM

Facilitation by Emily Vaianella, Outreach & Training Peer Specialist

"Support for Supporters"

this meeting is in direct response to feedback we've received from our community. Let's hold space to support each other in navigating our lives and work as peer specialists

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 on your phone for audio only.

Call in information:
1 929 205 6099 US
Meeting ID: 695 032 048
Find your local number: <https://zoom.us/j/ab49ZfkmGG>

CLICK to join this Meeting!

ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



To Advocate. To Educate. To Empower. Together.

Careers in Recovery & Wellness Training Center's
"Support for the Supporters"

Offered the 2nd Wednesday of each month

4:30-6:00 pm

Click to join:

<https://zoom.us/j/695032048>

Call in information:

1 929 205 6099 US

Meeting ID: 695 032 048

Facilitation by
Emily Vaianella, NYCPS & Robbie Lettieri, NYCPS

Eligibility for participation:

- Interest in obtaining a paid/unpaid peer specialist position, or
- Employment/volunteer in a peer services, and
- Not working in the capacity of a supervisor, team leader, or oversight of any other employees



Contact: Emily Vaianella, Outreach and
Training Peer Specialist

evaianella@mhaw.org

631-471-7242 ext. 1341



GUIDING PRINCIPLES

Our Guiding Principles are adapted from the following resources:

Western Massachusetts Peer Network's Declaration of Peer Roles and Shery Mead's Intentional Peer Support (IPS)

Healing Connections Peer Support Groups were created for and by people who experience emotional distress, voices and visions, extreme and altered states of consciousness, labels of psychiatric diagnosis, substance use, and trauma/trauma responses. We come together to share information, hope, joys, fears, successes, and hardships in the 'most' safe space we co-create to mutually support, heal, and grow together. We all are collectively responsible for the comfort of our group!

Healing Connections' facilitators are trained Peer Specialist, who have their own experience with emotional distress. The facilitators are there to guide the support group and offer peer support.

- We are based in self-help and mutual support.
- We believe that healing is possible and probable for all.
- We value human language that is non-clinical. This allows each person a space to explore and find their own meaning in their life and their experiences (worldview).
- We believe in the healing power of choice. Attendance and participation are completely voluntary. It's okay to just listen.
- We are not here to "fix" each other or give advice, but rather "be" with one another, creating a culture of reciprocal respect and support.
- We refrain from universalizing our experience and our worldview. Difference is expected, welcomed, and honored.
- We refrain from judgment! We challenge ourselves to intentionally come from a place of genuine curiosity when people share their experience and worldview.

Healing Connections Peer Support Groups

Phone: 631-471-7242 ext. 1390

Email: healingconnections@mhaw.org

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

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