



## Parent/Professional Advocacy League

### Calendar of Events 2016

	<p><b>A Conversation with DMH Commissioner Joan Mikula</b>          When – January 12, 10:00 a.m. – 2:00 p.m.          Where – Plymouth Church Conference Room, Framingham          Open only to Family Members, Family Partners, Family Support Specialists, and others in Family Support Roles.</p> <p>This will be your opportunity to share the insights and ideas you have formed based on your direct experience in working with families.</p>
	<p><b>National Education for Assistance Dog Services</b>          When – March 29, 10:00 – 11:30 a.m.          Where – Chicopee Public Library</p> <p>Learn what service dogs are capable of and the many ways they help kids and adults. Meet a service dog and a therapist who uses the dog as part of his practice.</p>
	<p><b><i>“Witness to the Dark: My Daughter’s Troubled Times. A Comedy of Emotions”</i></b>          When – March 15, 5:30 – 7:00 p.m.          Where – Bellingham Public Library</p> <p><b>A Frank Talk on Mental Health</b>          Bob and Patricia Larsted talk about Patricia’s battle with anxiety, depression, bipolar, obsessive-compulsive, and schizoaffective disorders.</p>
	<p><b>Mental Health and Cultural Perspectives</b>          When – April 14, 2:00 – 4:00 p.m.          Where – Children’s Friend and Family Services, Lynn, MA</p> <p>Joy Richmond-Smith from Children’s Friend and Family Services</p>
	<p><b>PPAL’s 6<sup>th</sup> Annual Conference and Celebration</b>          When – May 27, 8:30 a.m. – 3:30 p.m.          Where – Best Western, Marlborough</p> <p>Join parents and professionals to hear from Chrisa Hickey, author of the blog The Mind Storm, and attend a variety of workshops.</p>



### Yoga & Mindfulness for Mental Health

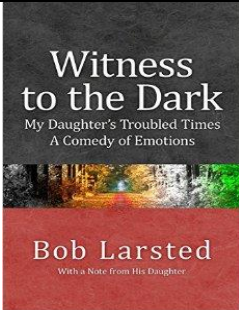
When – June 20, 10:00 – 11:30 a.m.  
Where – Worcester Public Library

Join Nina for this interactive workshop and learn how slowing down and taking a deep breath can improve your mental health and overall well being! All experience levels are welcome.



### An Interactive Workshop on Children’s Mental Health in the Asian Community

When – July  
Where – Tufts Medical Center, Boston

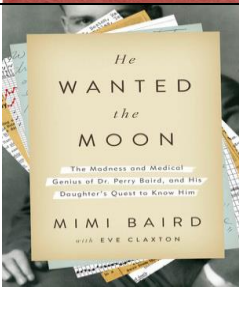


### “Witness to the Dark: My Daughter’s Troubled Times. A Comedy of Emotions”

When – August 24, 5:30 – 7:00 p.m.  
Where – Springfield Public Library

### A Frank Talk on Mental Health

Bob and Patricia Larsted talk about Patricia’s battle with anxiety, depression, bipolar, obsessive-compulsive, and schizoaffective disorders.



### Discussion with acclaimed memorist Mimi Baird, author of “He Wanted the Moon”

When – September 22  
Where – The Nonprofit Center, Boston

Ms. Baird's father was a mid-century doctor whose own "unvarnished account" of his descent into madness is recounted by his daughter's attempt to piece his life together and make sense of her own.



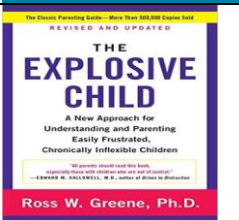
### Youth Move Rock n Shock

When – October  
Where – Worcester



### Adoption Journeys

When – November  
Where – TBD



### A Conversation with Ross Greene , Ph.D.

When – December 14, 2:00 – 4:00 p.m.  
Where – TBD

Author Ross Greene is a clinical child psychologist and the author of the books “The Explosive Child” and “Lost at School.”

Visit [www.ppal.net](http://www.ppal.net) for details. To RSVP, email [training@ppal.net](mailto:training@ppal.net).