



May 2018 Calendar of Events

Celebrate Children's Mental Health this May! The Parent/Professional Advocacy League (PPAL) encourages you to connect with parents, children, and families from our statewide community during the month of May. Let's join together in celebration of Children's Mental Health Awareness! Below, find a listing of events, including: entertainment, relaxation, education and support. Updated listing available at www.ppal.net/childrens-mental-health-week/toolkit and use #supportingfamilieschangingfutures or #cmhw when posting your pictures to show your support!

Tuesday MAY 1

Worcester Parent Support Coffee

Social 10:00-11:30 AM Call 508-767-9725 for more details. *PPAL, 40 Southbridge St, Suite 310., Worcester.*

H.O.P.E Youth Group 5:00-7:00 PM; "Trivia Night with Prizes" Come play some games and win some prizes with Youth MOVE MA! Call 508-767-9725 for more details. *Youth MOVE MA, 40 Southbridge St, Suite 310., Worcester.*

"The Brain Can Tell the Story: Resilience After Trauma" with The Support Network 5:15-8:00 PM; Join The Support Network, Dr. Boos, and Dr. Kaplan to explore the developmental assessment of children experiencing emotional and physical trauma. Register at www.supportnetworkdinner2018.eventbrite.com or call Carol Lambert at 413-536-2401 x3007. *Shriner's Hospital for Children, 516 Carew Street, Springfield.*

Family Café "Developing Healthy

Families" 6:00-8:00 PM; Come to free Family Café and join the conversation about how every family becomes a blended family and family dynamics. RSVP to BerurbeA@youinc.org or 978-630-4918 ext. 32. *Gardner Middle School, 297 Catherine St. Gardner.*

Support Group for Parents of Transition Aged Youth 6:00- 7:45 PM; Free support group for parents with transition aged children. Contact Nancy at ncollier@mस्पcc.org for more details and to find out the room number. *126 Phoenix Avenue, Lowell.*

Worcester Mayor's Mental Health

Proclamation 6:15 PM; Join Youth MOVE to welcome the Mayor of Worcester and hear his proclamation for Children's Mental Health Month! Call 508-767-9725 for more details. *Worcester City Hall.*

"The Impact of Trauma on Attachment" Eliot Caregiver Support Group

Workshop with Adoption Journeys; 6:30 PM – 8:30 PM; This is a free workshop held

by the Eliot Caregiver Support Group in partnership with Adoption Journeys, Child & Family Services, Inc. It is on child traumatic stress and how it impacts attachment. Featuring guest speaker Jami Zarella, LCSW. Please RSVP by April 30th to Martha at mcregan@eliotchs.org or 508-688-5671. Located at 78 Water Street, Wakefield.

Wednesday MAY 2

Ash-West Kincare 9:30 AM; Open to any kin raising family members. Contact Martha at 978-874-1238 for more details. *Oakmont Regional High School, Webber Room, 9 Oakmont Drive, Ashburnham.*

“Language Deprivation Syndrome in Deaf and Hard of Hearing Children and Adolescents: An Under-Appreciated Clinical Entity and its Mental Health Implications” Child Mental Health

Forum 10:00-11:15 AM; Presented by Sanjay Gulati, MD, Assistant Professor of Psychiatry, Harvard Medical School. For more information email cmhf@jbcc.harvard.edu or call 617-278-4104. *Judge Baker Children’s Center, 53 Parker Hill Avenue, Boston.*

First Aid for Youth Mental Health 5:00-9:00 PM; First Aid for Youth Mental Health is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens to help an adolescent who is experiencing a problem or a crisis of a mental illness or addictions. This course is free but to obtain the certificate, you will have to attend both Wednesdays (May 2 and May 9). See more information or to register, go to

<https://www.mentalhealthfirstaid.org> or 617-208-1562. *123 Antwerp Street Brighton.*

Moving Forward: Our Journey 6:00- 8:00 PM; A PPAL support group for empowering families through transition planning. Call 508-767-9725 for more details. *Perkins School Library, 975 Main St. Lancaster.*

Milford Parent Support Group 6:00- 8:00 PM; A free PPAL support group. Please call 508-767-9725 to RSVP and for more details. *Trinity Episcopal Church, 17 Congress Street, Milford.*

Substance Use 101 6:00- 8:00 PM; Michael Leach, MPA, LCSW, will be presenting on substance use and how to talk with youth and young adults. This event is open to parents, providers, and prevention workers. *JRI Cape and Islands CSA, 221 Willow St, Yarmouthport.*

Thursday MAY 3

Gardner Parent Support Group 10:00-11:30 AM OR 6:30-8:00 PM; Join us every Thursday for a parent support. Contact Ann at berubea@youinc.org for more details. *YOU, Inc. 205 School St. Gardner.*

YAYA - Young Adults & Youth Advocacy 5:00-6:30 PM; Drop in and create a vision board with Youth MOVE MA! Call 508-767-9725 for more details. *Youth MOVE MA, 40 Southbridge St, Suite 310, Worcester.*

Healing After Suicide Loss 6:00- 7:30 PM; Contact Peggy Morse at 413-441-6316 for more details. *Berkshire Children & Families, Family Resource Center, 480 West Street, Pittsfield.*

Road to Recovery Benefit Gala 6:00- 9:00 PM; Join the Gavin Foundation for an evening of delicious food and live and silent auctions to benefit the work of the Gavin Foundation,

which provides adult, youth, and community substance abuse education, prevention, and treatment. Purchase tickets at www.gavinfoundation.org/gala2018. Contact John McGahan at 857-496-7341 or johnmcgahan@gavinfoundation.org for more details. *The Innovation and Design Building, One Design Center Place, Boston.*

YAYA - Young Adults & Youth Advocacy

7:30- 8:30 PM; Join Youth MOVE MA for an OPEN CHAT! Call in at (712) 775-7031 – access code 182203.

Friday MAY 4

Light It Up Green 8:00 PM; Lighting of the Kenneth F. Burns Bridge with PPAL and Youth MOVE MA! Call 508-767-9725 for more details. *Route 9, Worcester/Shrewsbury town line.*

PPAL Friday Family Support Group

with The Mayor of Lynn 6:00 PM; Join PPAL for a free parent support group. This week, the Mayor of Lynn will be stopping by to support Mental Health Awareness Month! *YMCA, 20 Neptune Blvd, Lynn.*

Saturday MAY 5

Transitional Age Youth Spanish Parent

Support Group 3:00- 5:00 PM; Join PPAL for a parent support group. Call 617-542-7860 or email cperez@ppal.net for more details. *East Boston Library, 365 Bremen Street, East Boston.*

Light It Up Green 8:00 PM; Lighting of the Kenneth F. Burns Bridge with PPAL and Youth MOVE MA! Call 508-767-9725 for more details. *Route 9, Worcester/Shrewsbury town line.*

Sunday MAY 6

Children's Mental Health Week Starts!

National Children's Mental Health Awareness Week seeks to raise awareness about the importance of children's mental health and that positive mental health is essential to a child's healthy development from birth. This year, the theme is Supporting Families, Changing Futures.

LUK, Inc. Day in the Park 10:00 AM – 2:00

PM; Join us for a fun day in the park! Visit www.luk.org for more information. *Lake Quinsigamond Park, Worcester.*

Monday MAY 7

Parent Strong Club 9:45- 11:00 AM; Free private personal training for caregivers. No experience necessary. Please contact Krissie Burnham to register at kburnham@eliotchs.org or 781-860-3717. *Manchester-by-the-Sea.*

Meet Up Monday 10:00 AM- 2:00 PM; Drop by PPAL's Worcester Office and meet our Family Support Specialists! See you then! Call 508-767-9725 for more details. *PPAL, 40 Southbridge St, Suite 310., Worcester.*

Tuesday MAY 8

Zakim Goes Green! The Zakim Bridge will go green today to celebrate children's mental health!

Boston City Hall Plaza Goes Green! The Boston City Hall Plaza will go green today to celebrate children's mental health!

"Resilience: The Biology of Stress & the Science of Hope" Film. SHINE Initiative & Monty Tech is hosting the film in the school's Dukakis Performing Arts Center. A panel discussion will follow. See

www.shineinitiative.org for more details. 1050 Westminister St. Rte. 2A, Fitchburg.

Western MA Community Voice

Gathering 9:30 AM- 3:00 PM; Come to this free and handicapped accessible interactive gathering hosted by the Transformation Center. Space is limited so register ASAP! Email info@transformation-center.org or call 617-442-4111 for more information. *South Hadley Public Library, 2 Canal Street, South Hadley.*

H.O.P.E Youth Group 5:00- 6:30 PM; “Karaoke and Video Game night” Come rock out and play some games with Youth MOVE MA! Call 508-767-9725 for more details. *Youth MOVE MA, 40 Southbridge St, Suite 310., Worcester.*

“Jump On In” with a Support Group for Parents of Transition Aged Youth 5:40 PM; Come meet at Jump On In with a support group for parents with transition aged children. Preregistration required. Contact Nancy at ncollier@mspcc.org or 508 688-5739 for more details. *Jump On In, 100 Phoenix Avenue, Lowell.*

Wednesday MAY 9

Leominster Family & Friends Support Social 4:30- 6:30 PM; A PPAL support group for parents and friends. Call 508-767-9725 for more details. *Health Alliance Hospital – Guild Bldg., Leominster.*

First Aid for Youth Mental Health 5:00- 9:00 PM; First Aid for Youth Mental Health is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens to help an adolescent who is experiencing a

problem or a crisis of a mental illness or addictions. This course is free but to obtain the certificate, you will have to attend both Wednesdays (May 2 and May 9). See more information or to register, go to <https://www.mentalhealthfirstaid.org> or 617-208-1562. *123 Antwerp Street Brighton.*

“Kick Off” Parents of Transition Aged Youth Support Group Social 5:30- 7:30

PM; Come to this new free parent support group! Call 508-767-9725 for more details. *Kiva 209 Shrewsbury St. Worcester.*

Thursday MAY 10

SAMHSA Children’s Mental Health Awareness Day 2018 ‘Partnering for Health and Hope Following Trauma’ will focus on the importance of an integrated approach to caring for the mental health needs of children, youth, and young adults who have experienced trauma, as well as their families.

Spanish Parent Support Group 10:00

AM- 12:00 PM; A PPAL parent support group. Call 508-767-9725 for more details. *Centro, 11 Sycamore St. Worcester.*

Gardner Parent Support Group 10:00-

11:30 AM OR 6:30- 8:00 PM; Join us every Thursday for a parent support. Contact Ann at berubea@youinc.org for more details. *YOU, Inc. 205 School St. Gardner.*

“For The People: Protect Our Care” Health Care For All event; 6:00 PM – 9:00

PM; This event includes a reception, networking, dinner, and auction, with the guest speaker Attorney General Maura Healey. To purchase tickets, please contact Kerry Belanger atkbelanger@hcfama.org or 617-275-2982. *The*

Westin Copley Place Boston, 10 Huntington Avenue, Boston.

Lynn Mayor's Mental Health

Proclamation 9:00 AM; Come to the Systems of Care Meeting to hear the Mayor of Lynn give a proclamation for Children's Mental Health Week! *112 Market Street, Lynn.*

Family Support Group 6:30- 7:30 PM; The family support group is a free structured group for family members of someone living with mental illness facilitated by a trained family member, in which people learn from one another's experiences, share coping strategies, and offer mutual encouragement and understanding. Facilitators: Ed and Marsha Burniske. Contact NAMI Berkshire County at 413-443-1666 for more details. *Berkshire Medical Center, 725 North Street, Pittsfield.*

YAYA - Young Adults & Youth Advocacy 7:30- 8:30 PM; Join Youth MOVE MA for an OPEN CHAT! Call in at (712) 775-7031 – access code 182203.

Making Sense of Evaluation Results; Whether you are navigating the evaluation process for the first time or coming back for yet another three-year re-evaluation, evaluation reports and results can be confusing, even demoralizing. This workshop will focus on strategies you can use to better understand evaluation scores and reports, as well as how to contextualize results with a focus on student success. Presented by Rhys McGovern. Contact watertownsepac@gmail.com for more details. *Watertown.*

Friday MAY 11

Caregiver Social and Support Group 6:00- 8:30 PM; Free caregiver social and

support group. RSVP for a meal. Please contact Krissie Burnham to register at kburnham@eliotchs.org or 781-860-3717. *YMCA, Salem.*

PPAL Friday Family Support Group 6:00 PM; Join PPAL for a free parent support group. This week, the Mental Health Awareness Month activities and celebrations continue! *YMCA, 20 Neptune Blvd, Lynn.*

Saturday MAY 12

Father's Support Group 5:00- 7:00 PM; Father's Support Group aims to encourage and enable fathers to pursue the well-being of their children through positive leadership, provision, protection and presence. *PIN, 47 East Grove Street, Middleboro.*

Michael's Run Fundraiser "Party with a Purpose" 7:00 PM; See www.michaelsrun.org for more details. *Leominster.*

Sunday MAY 13

22nd Annual Mother's Day Walk for Peace 8:00 AM- 12:00 PM; The Mother's Day Walk is a Boston tradition and celebration of our potential to create more peaceful communities, benefiting the Louis D. Brown Peace Institute. *Town Field Park, Fields Corner, Dorchester.*

Monday MAY 14

Parent Strong Club 9:45- 11:00 AM; Free private personal training for caregivers. No experience necessary. Please contact Krissie Burnham to register at kburnham@eliotchs.org or 781-860-3717. *Manchester-by-the-Sea.*

Meet Up Monday 10:00 AM- 2:00 PM; Drop by PPAL's Worcester Office and meet our Family

Support Specialists! See you then! Call 508-767-9725 for more details. *PPAL, 40 Southbridge St, Suite 310., Worcester.*

Adolescent Medicine 2018 Conference

5/14- 5/16; The Adolescent Medicine 2018 course is designed to present the latest research, clinical innovations and community initiatives in adolescent medicine to physicians, nurse practitioners, and other health professionals involved in the medical care of adolescents and young adults. Go to <http://www.childrenshospital.org> for more details. *Back Bay Hilton, Boston.*

Tuesday MAY 15

H.O.P.E Youth Group 5:00- 6:30 PM; "Paint Night with Youth" Bring your creative side and paint with our artistic youth in Youth MOVE MA! Call 508-767-9725 for more details. *Youth MOVE MA, 40 Southbridge St, Suite 310., Worcester.*

Family Mental Health Resource Fair

5:00- 7:30 PM; The Wilmington Public Schools 3rd Annual Behavioral Health Provider Fair "Mind, Body and Goals" event is to raise continued awareness, and provide greater support to students and families related to child/adolescent mental health. Free to all Wilmington residents. Contact the Wilmington Public Schools Behavioral Health Task Force at christine.murray@wpsk12.com or (978) 694-6032 ext. 1102 for details. *Wilmington High School, Wilmington.*

SSI Presentation "Working Without Limits" 5:30- 7:00 PM;

Join PPAL for this presentation, free for community. *Revidas, 108 Grove Street, Suite LL11, Worcester.*

Wednesday MAY 16

Moving Forward: Our Journey 6:00- 8:00

PM; A PPAL support group for empowering families through transition planning. Call 508-767-9725 for more details. *Perkins School Library, 975 Main St., Lancaster.*

Thursday MAY 17

9th Annual Mother's Day Breakfast

with PIN 9:00 AM- 12:30 PM; Come walk the Grace Trail with the PIN staff! Anne Barry Jolles, creator of the Grace Trail, will be leading an interactive workshop and guiding us down the Grace Trail. Breakfast will be served. *Boston Tavern, 58 East Grove Street, Middleboro.*

Gardner Parent Support Group 10:00-

11:30 AM OR 6:30- 8:00 PM; Join us every Thursday for a parent support. Contact Ann at berubea@youinc.org for more details. *YOU, Inc. 205 School St. Gardner.*

Coping with Bullying 7:00 PM;

Presented by Ms. Carolyn Wnuk, MSW, LICSW, Compass Social Skills and Counseling. Email franklinsepac@gmail.org for more details. *Franklin Municipal Building, 355 East Central Street, Franklin.*

YAYA - Young Adults & Youth Advocacy

7:30- 8:30 PM; Join Youth MOVE MA for an OPEN CHAT! Call in at (712) 775-7031 – access code 182203.

Friday MAY 18

Metro Suburban Advocacy Initiative

East: 15th Annual Legislative 8:30 AM-

10:30 AM; Join us for a morning with local legislatures to discuss how we can go "From Passion to Action." For more information and to RSVP, go to <http://www.waysideyouth.org>.

Arlington Town Hall, 730 Massachusetts Ave,
Arlington.

PPAL Friday Family Support Group 6:00

PM; Join PPAL for a free parent support group. This week, the Mental Health Awareness Month activities and celebrations continue! *YMCA, 20 Neptune Blvd, Lynn.*

Saturday MAY 19

“Hidden in Plain Sight: FASD and the Cradle to Prison Pipeline” FASD & the Law Conference 8:30 AM- 4:30 PM; Hosted by massFAS, this conference is focused on educating mental health providers, professionals involved with the court system, and those involved in the care of those at risk for court-involvement about FASD. All are welcome to attend. See more details and register at <https://www.massfas.org/fasd-and-the-law>. *William James College, 1 Wells Ave, Newton.*

NAMI Walks Massachusetts 9:00 AM; Join NAMI Mass’s largest and most successful mental health awareness and fundraising event! Register today and join us as we improve lives and our communities one step at a time. See more details at www.NAMI.org. *Artesani Park, Boston.*

Transitional Age Youth Spanish Parent Support Group 3:00- 5:00 PM; A PPAL training session on mental health issues. Call 617-542-7860 or email cperez@ppal.net for more details. *BCYF Paris Street Community Center, East Boston.*

Monday MAY 21

Parent Strong Club 9:45- 11:00 AM; Free private personal training for caregivers. No

experience necessary. Please contact Krissie Burnham to register at kburnham@eliotchs.org or 781-860-3717. *Manchester-by-the-Sea.*

Meet Up Monday 10:00 AM- 2:00 PM; Drop by PPAL’s Worcester Office and meet our Family Support Specialists! See you then! Call 508-767-9725 for more details. *PPAL, 40 Southbridge St, Suite 310., Worcester.*

Tuesday MAY 22

PIN 2018 Conference “Building Buoyancy: Humor, Brain Development & Resiliency” 8:30 AM- 4:00 PM; Presented by Jessica M. Black, PhD. You will not want to miss this conference on building buoyancy through humor, brain development and resiliency. This conference is for parents/caregivers of children with serious emotional and behavioral challenges, and the providers who support them. Light breakfast and lunch will be provided. *Holiday Inn, 700 Myles Standish Boulevard, Taunton.*

Massachusetts Department of Mental Health 2nd Annual Dual Recovery Conference 9:00 AM- 4:00 PM; Program supported by DMH Central MA and The New England Attc, funded by SAMHSA. Come explore the impact mental health and substance abuse have on each other and how we might best be able to meet the needs of individuals in dual recovery. Reach out to Dana Palit at 508-368-0529 or dana.palit@massmail.ma.state.us for more information. *Worcester Recovery Center and Hospital, Worcester.*

H.O.P.E Youth Group 5:00- 6:30 PM; “Ice Cream SMASH Social” Yum! Join Youth MOVE MA for ice cream and fun! *Youth MOVE MA, 40 Southbridge St, Suite 310., Worcester.*

Support Group for Parents of

Transition Aged Youth 6:00- 7:45 PM; Free support group for parents with transition aged children. Contact Nancy at ncollier@mspcc.org for more details and to find out the room number. *126 Phoenix Avenue, Lowell.*

Wednesday MAY 23

Parents of Transition Aged Youth

Support Group Social 5:30- 7:30 PM; Come to this new free parent support group! Call 508-767-9725 for more details. *Kiva 209 Shrewsbury St. Worcester.*

Changing Lives Gala 6:00 PM; Join Bay Cove Human Services for a fantastic evening featuring a cocktail reception, silent auction, delicious dinner, presentation of awards, and a live auction with Susan Wornick. For more information, go to www.baycove.org.

The Renaissance Boston Waterfront Hotel, Boston.

Thursday MAY 24

Spanish Parent Support Group 10:00

AM- 12:00 PM; A free PPAL support group for parents. Call 508-767-9725 for more details. *Centro, 11 Sycamore St. Worcester.*

Gardner Parent Support Group 10:00-

11:30 AM OR 6:30- 8:00 PM; Join us every Thursday for a parent support. Contact Ann at berubea@youinc.org for more details. *YOU, Inc. 205 School St. Gardner.*

YAYA - Young Adults & Youth Advocacy

7:30- 8:30 PM; Join Youth MOVE MA for an OPEN CHAT! Call in at (712) 775-7031 – access code 182203.

Friday MAY 25

Parent Support Group (in Spanish)

10:00- 11:00 AM; Please contact Kathleen to attend this group at kflaherty@baycove.org or 617-371-3125. *66 Canal Street, 5th floor, Boston.*

PPAL Friday Family Support Group 6:00

PM; Join PPAL for a free parent support group. This week, the Mental Health Awareness Month activities and celebrations continue! *YMCA, 20 Neptune Blvd, Lynn.*

Saturday MAY 26

Couples Support Group 5:00- 7:00 PM;

Couples Support Group is an opportunity for couples to come together and share their experiences of raising a challenged child. This month's group will feature a special guest speaker. *BAMSI Day Hab, 547 West Grove Street, Middleboro.*

Monday MAY 28

Weekly Support Group 6:30- 8:30 PM;

Free support group. Please contact Betty Wagner for more information at bwagner@mspcc.org or 617-983-5803. *Canton Public Library, Canton.*

Tuesday MAY 29

H.O.P.E Youth Group 5:00- 6:30 PM;

“Create T-Shirts for Express Yourself” Come make some awesome t-shirts for Express Yourself event on 5/31 with Youth MOVE MA! Call 508-767-9725 for more details. *Youth MOVE MA, 40 Southbridge St, Suite 310., Worcester.*

Wednesday MAY 30

Caregiver Social and Support Group

10:00- 11:30 AM; Free caregiver social and

support group. Please contact Krissie Burnham to register at kburnham@eliotchs.org or 781-860-3717. *Beverly.*

A Community Conversation about Mental Health; A free event to hear about mental health in your local community from a panel of diverse community leaders. Please contact Nancy Collier for more information at ncollier@mspcc.org or 508-688-5739. *Lowell.*

Thursday MAY 31

Express Yourself “Alive!” 7:00 PM; Join PPAL at Express Yourself’s annual performing arts event! PPAL will be busing parents and youth from the Worcester area to the Wang Theater in Boston! RSVP to info@ppal.net for a spot! See <http://www.exyo.org/> for more details. *Wang Theater, Boch Center, Boston.*

Friday JUNE 1

2018 Children’s Behavioral Health Knowledge Center Symposium 10:00

AM- 3:00 PM; Join CBH Knowledge Center at their 5th annual symposium. Christina Gunther-Murphy will deliver the Gailanne Reeh Lecture, titled “Breaking the Rules for Better Care.” See <http://www.cbhknowledge.center/2018-symposium> for more details and to register. *Worcester Recovery Center and Hospital (WRCH), 309 Belmont Street, Conference Center, Worcester.*