

May 2012

Celebrating Children's Mental Health Week All Month Long!



Calendar of Events

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.

Saturday, April 28

Strides Against Stigma

Nickerson Field, Boston University
285 Babcock Street, Boston 02215
10 a.m. – 3 p.m.

Walk-a-thon and fundraiser hosted by Families for Depression Awareness. Fun and educational activities for families. For more information visit www.stridesagainststigma.com or call (781) 890-0220

Movie Night: *Band of Pirates*

Lawrence Showcase Cinema
6 Chickering Road, Lawrence 01843
10 a.m.

Preregistration required. Contact ncollier@mspcc.org

Monday, April 30

Spread the Word: Mental Health Matters!

Heywood-Wakefield Building, Boland Room
61 Lake Street, Gardner 01440
8:30 - 10:30 a.m.

Please RSVP to Ann Berube at berubea@youinc.org

Thursday, May 3

Helping Kids Make and Keep Friends: Friendship and Social Coaching

St. Ann's Home
100A Haverhill Street, Methuen 01844

Free workshop for parents and professionals. To register, call (978) 513-2379 or email ncollier@mspcc.org

CANDI Tea with MD's

Centro Las Americas – Multicultural Family Support Center
11 Sycamore Street, Worcester 01608
10 a.m. – 12 p.m.

Overview of Mood Disorders in Children and Adolescents. Presented IN SPANISH by UMASS Medical School Child Psychiatrists. Free and open to the public

Friday, May 4

Lynn Friday Family Support Group – Quilt Squares

Lynn YMCA
20 Neptune Blvd, Lynn 01902
6 – 8 p.m.

Make quilt squares to be sewn together into a celebratory quilt. Email Dalene Basden at ptahsw@verizon.net for details

Monday, May 7

Helping Children Cope with Trauma

Youth and Family Center

356 Broad Street, Suite 301, Fitchburg 01420

10 - 11:30 a.m.

Presented by Kim Robles-Santiago, LMHC, BC-DMT. Please RSVP with the PPAL office at 508-767-9725 by May 2nd

Tuesday, May 8

Exploring the Path to Recovery with Young Adults

Parent Information Network (PIN) Office

47 East Grove Street, Middleboro 02346

6 – 7:30 p.m.

Roundtable discussion with youth from The Transformation Center. Call (508) 947-8779 for more information

Wednesday, May 9

National Children's Mental Health Awareness Day

All day long, everywhere!

You can help raise awareness about the importance of children's mental health by sharing information about trauma and resilience in children. Visit www.samhsa.gov/children for ideas and more information

An Open Mind to Mental Health

Worcester State University – Student Activity Center

486 Chandler Street, Worcester 01602

8:30 – 10:30 a.m.

Featuring keynote speaker Dr. Heather Brenhouse of McLean Hospital/Harvard University. For more information call (978) 870-1494 or email prichard@shineinitiative.org

Wednesday, May 9

Mayor Petty Proclamation of Children's Mental Health Month

Worcester Public Library

Three Salem Square, Worcester 01608

5 - 6 p.m.

Contact 508-767-9725 for more information

Thursday, May 10

Celebrating Moms Breakfast

The Riverside Restaurant

58 East Grove Street, Middleboro 02346

9:30 a.m. – 12 p.m.

Guest speaker Dr. Miriam Ornstein, Child Psychiatrist. Call (508) 947-8779 for more information

Support Network for Families of Western Massachusetts 5th Annual Dinner

This event is for parents, caregivers and for those who play a role in our children's lives. Guest Speaker Beth Edelstein from THINK:KIDS. Email PCurry@wmtcinfo.org for more information

Friday, May 11

Parent Support Meeting

YMCA Salem

One Sewall Street, Salem 01970

6 - 8:30 p.m.

Meal and childcare included. Reservations required. Please contact krissieburnham@me.com

Celebrate Children's Mental Health Month Resource Event

Miford Public Library

80 Spruce Street, Milford 01757

Contact Mary Lambert, 508-767-9725 or mlambert@ppal.net, for more information

Saturday, May 12

Project LAUNCH and MYCHILD Celebrate Children's Mental Health Awareness Day

Boston Children's Museum

308 Congress Street, Boston 02210

11 a.m. – 4 p.m.

Featuring special social emotional exhibits

Monday, May 14

Pizza Night and Family Strength Tree for Parents

Wayside Youth and Families

88 Lincoln Street, Framingham 01702

6 – 8 p.m.

Children are welcome to come and participate in arts and crafts activities upstairs. Reservations required. Please contact john_allen@waysideyouth.org

Tuesday, May 15

Art Therapy for Parents

Glazed Paint Your Own Pottery

184 Washington Street, Gloucester 01930

12:30 – 2:30 p.m.

Reservations required. Please contact krissieburnham@me.com

Mental Health Resource and Outreach, Family Continuity Program

76 Church Avenue, Northbridge 01534

Contact Mary Lambert, 508-767-9725 or mlambert@ppal.net, for more information

Thursday, May 17

Express Yourself PULSE

Wang Theatre

270 Tremont Street, Boston 02116

Meal and bus transportation provided:

From the North Shore

Reservations required. Please contact krissieburnham@me.com

From Wakefield

Please contact olsonpal@aol.com

Unleashing the Power of Respect Conference

Holiday Inn Conference Center

700 Myles Standish Boulevard, Taunton 02780

9 a.m. – 3 p.m.

Presented by Dr. Joseph Shrand, Instructor of Psychiatry at Harvard Medical School. Call (508) 947-8779 for more

Sunday, May 20

National Prevention Week

May 20 – 26, 2012

Supporting the effective prevention of mental and substance use disorders. Visit www.samhsa.gov/preventionweek

Monday, May 21

Crisis Planning

Youth and Family Center

356 Broad Street, Suite 301, Fitchburg 01420

10 - 11:30 p.m.

Presented by Beth Pond of the Parent/Professional Advocacy League. Please RSVP: 508-767-9725 by May 16th

Tuesday, May 22

Parent Support Meeting

North Shore Education Consortium

112 Sohier Road # 1, Beverly 01915

9:30 – 11 a.m.

Reservations required. Please contact krissieburnham@me.com

Youth MOVE Massachusetts Open House

Worcester Public Library

Three Salem Square, Worcester 01608

5 – 8 p.m.

Thursday, May 24

Learning to Let Go Workshop

Parent Information Network (PIN) Office

47 East Grove Street, Middleboro 02346

6 – 8 p.m.

Strategies for Parents to Launch Their Young Adults, with Kim Bisset, Ed. D. Call (508) 947-8779 for more information

Sunday, May 27

Family Golf Outing

Middleton Golf Country

160 South Main Street, Middleton 01949

11 a.m.- 1:30 p.m.

Miniature golf and batting cages. Reservations required. Please contact krissieburnham@me.com

Thursday, May 31

Social Media in Social Work Training

Location TBD

9:30 a.m. – 3:30 p.m.

In collaboration with the Department of Mental Health, with presenter Michael Langlois. Call (508) 947-8779 for more

Weekly Events

Every Saturday in May (5, 12, 19, 26)

Family Fun Days

Different locations in metro Boston

These social outings will provide entertainment for children and teens, as well as parent-to-parent peer support opportunities for the adults. Email mnixon@baycove.org for locations and details

Every Monday in May (7, 14, 21, 28)

Strengthening Parents Program

Beverly Athletic Club

7 Reservoir Road, Beverly 01915

10 – 11:30 a.m.

One hour group exercise and half hour nutrition counseling. Reservations required. Please contact

krissieburnham@me.com

Every Friday in May (4, 11, 18, 25)

Strengthening Parents Program

Beverly Athletic Club

7 Reservoir Road, Beverly 01915

10 – 11:30 a.m.

One hour group exercise and visit to saltwater pool, sauna and steam room. Reservations required. Please contact

krissieburnham@me.com