



May 2013 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.

Tuesday, April 30th

May Mental Health Month Kick Off Event, "A Conversation on Mental Health," 6:30 pm – 8:00 pm

Gardner High School Auditorium, 200 Catherine Street, Gardner, MA.

For more information contact Melissa Aloha at 978-632-9219 or email Melissa@jenflanagan.com

Wednesday, May 1st

May Day Mental Health Summit, "Opening Hearts and Minds," 8:30 am - 3:00 pm

Lisa Lambert, Executive Director of PPAL will be facilitating a workshop. The workshop will feature Senator Jennifer Flanagan, Senator Harriette Chandler, MDMH Commissioner Marcia Fowler, and Dr. Jean Frazer from UMass Medical School.

Clark University, Tilton Hall, Worcester, MA 01610

Admission is FREE! Breakfast and Lunch will be provided!

For more information call 508-459-9664 or email commonpathwaysonline@gmail.com, you may also register online at: www.surveymonkey.com/s/May1stRegistration

Friday, May 3rd

Baer Conference, 8:15 am – 5:00 pm

Sidney R. Baer, Jr. Foundation Conference, "Prevention and Management of Acute Psychiatric Crises in College and Graduate Students"

One Autumn Street, Auditorium A, Boston, MA 02115

Free event, but space is limited and registration is **required** by April 20th

To RSVP, contact Keira O'Donovan, at Baer2013@bidmc.harvard.edu

Saturday, May 4th

Healthy Kids Day, 10:00 am - 2:00 pm

Free-open to the public

Lynn YMCA

For more information, contact Dalene Basden, MSPCC/PAL Family Support Specialist, at 781-599-9288

Monday, May 6th

PPAL Parent Strong Club, 9:45 am -11:00 am

Fitness training at Beverly Athletic Club

7 Reservoir Rd Beverly, MA 01915

For more information contact Krissie Burnham, PPAL's Family Support Specialist, by phone at 978.283.0296 Ext. 732 or Krissieburnham@me.com

Monday, May 6th

PPAL FREE Parent Training: Police Pocket Guide / Mobile Crisis Teams

10:00 am- 12:00 pm **and** 1:00 pm – 3:00 pm

30 Tyler Prentice Rd. (Road is off of Lincoln Street on Tyler Prentice - look for Y.O.U. Inc. Sign), Worcester

For more information call PPAL at [508-767-9725](tel:508-767-9725) and speak to Beth Pond (bpond@ppal.net) or Diana Tucker (dtucker@ppal.net).

Tuesday, May 7th

Open House, 3:00 pm -6:00 pm

STEPS Young Adult Resource Center

Wayside Youth & Family Support Network

12 Prescott Street, Arlington MA 02474

For more information contact, call Gina Curley at 781-646-2826 or Gina_Bozzi@waysideyouth.org

Tuesday, May 7th

Mayor Petty Proclamation of Children's Mental Health Awareness Month, 5:30 pm – 6:30 pm

Worcester City Hall in Mayor Petty's Chambers, 455 Main Street, Worcester, MA

For more information, call PPAL Worcester office at 508-767-9725

Tuesday, May 7th

Treatment for Body Focused Repetitive Disorders, 7:00 pm – 8:00 pm

McLean Hospital, De Marneffe Cafeteria Building, Room 132, Belmont, MA

Wednesday, May 8th

Transition Resource Fair, 12:00 pm - 4:00 pm

Presented by Cape and Island Transition Team, in collaboration with Parents of Transitional Age Youth

For parents and professionals of youth transitioning from high school to adult life

Learn more about the transition process while connecting with state agencies and community agencies

EOHHS Building, 181 North Street, Hyannis, MA

To learn more, please contact Barbara Macias at bmacias@bamsi.org

Wednesday May 8th

Removing Obstacles to Help and Treatment: Talking with your child about Mental Illness

7:00 pm – 9:00 pm

Admission is free, Refreshments will be served, Sponsored by Wayside Youth and Family

118 Central Street Waltham MA 02453

For more information, contact Judi Maguire at judi_maguire@waysideyouth.org

Thursday, May 9th

Children's Mental Health Day! National Children's Mental Health Awareness Day 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. For more information go to:

<http://www.samhsa.gov/children/national.asp>.

Thursday, May 9th

PPAL Parent Support Group, 5:30 pm – 7:30 pm

Speakers: Fran Peterson, LICSW and Jackie Heffernan, MSW

PPAL, 51 Union Street, Suite 308, Worcester. For more information, call 508-767-9725

Thursday, May 9th

Celebrating our Kids, 6:00 pm - 8:00 pm

Parent Information Network parent support groups will be holding an "Appreciation Ceremony" where parents will recognize their children's successes and strengths. See your Parent Coordinator for more details or contact Barbara Macias at bmacias@bamsi.org

Thursday, May 9th

Perfectionism, 6:00 pm – 7:00 pm

A presentation with speaker Jeff Szymanski, PhD from International OCD Foundation

UMass Medical Center, 55 Lake Avenue North, Lazare Auditorium (S1-607), Worcester, MA

Please check: <http://www.ocfoundation.org/affiliates/massachusetts> for info on changes to the schedule or cancellations.

Thursday, May 9th

Witness to the Dark, Author-Bob Larsted, 7:00 pm - 9:00pm.

A conversation with author Bob Larsted about his daughter's battle with sadness, cutting, suicide attempts depression, bipolar, and schizoaffective disorders.

Employment Options, 82 Brigham Street, Marlborough, MA

For more information, please contact NAMI MetroWest at 508-485-8700 or

judi_maguire@waysideyouth.org or 508-215-6008.

Friday, May 10th

Parent Support Meeting, 6:00 pm – 8:30 pm

Salem YMCA

1 Sewall St, Salem, MA 01970

Meal and Childcare provided.

For more information contact Krissie Burnham, PPAL's Family Support Specialist, by phone at 978.283.0296 Ext. 732 or Krissieburnham@me.com

Monday, May 13th

PPAL Parent Strong Club, 9:45 am -11:00 am

Fitness training at Beverly Athletic Club

7 Reservoir Rd Beverly, MA 01915

For more information contact Krissie Burnham, PPAL's Family Support Specialist, by phone at 978.283.0296 Ext. 732 or Krissieburnham@me.com

Monday, May 13th

Family Fun Night, 7:30 pm – 8:30 pm

Join Wayside Youth to make, "Family strength flowers." Families will be looking at all their different strengths and write them on each flower pedal. The flowers will then be displayed as a garden in the entrance way. This group is open to parents/ caregivers.

88 Lincoln Street, Framingham, MA 01701

For more information, call 508-620-0010

Tuesday, May 14th

"Letting Go of STIGMA" Youth MOVE Event, 5:00 pm

Youth Move Massachusetts will meet for the first "Letting Go of Stigma" event. Youth and young adults involved will be able to write a message, a word, or a stigma buster on balloons, and as a collective, we will all let them go. Join us and take our pledge to end stigma!

Green Hill Park, Worcester, MA

For more information, call 508-767-9725.

Wednesday, May 15th

Viva! Presented by Express Yourself

Citi Performing Arts Center Wang Theatre, Boston MA

To learn more about the event, call 978-927-8600 or <http://www.expressyourselfinc.org/>

To ask about transportation, contact Krissie Burnham, PPAL's Family Support Specialist, by phone at 978.283.0296 Ext. 732 or Krissieburnham@me.com

You can also register for a free community field trip to Express Yourself. Buses will leave from the Lynn YMCA at 6:00 pm. Call, 781-599-9288 to register.

Saturday, May 18th

4th Annual Ride/Roast for Autism, 11:00 am – 6:00 pm

All Tickets: \$20, Roasted Beef, Raffle, Horse Shoe Tournament, and Pool Tournament

Billerica Elks Pavillion, Billerica Massachusetts 01821

Monday, May 20th

PPAL Parent Strong Club, 9:45 am -11:00 am

Fitness training at Beverly Athletic Club

7 Reservoir Rd Beverly, MA 01915

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978.283.0296 Ext. 732 or Krissieburnham@me.com

Thursday, May 23rd

Celebrating Moms Breakfast, 9:30 am - 12:00 pm

Parent Information Network (PIN) is hosting its 4th annual Mother's Day Breakfast with guest speaker, Dr. Miriam Ornstein, Metro Southeast Area DMH Child Psychiatrist. A PIN mother will also be sharing her journey of hope.

Holiday Inn, 700 Myles Standish Boulevard, Taunton

RSVP is required, to RSVP contact: Barbara Macias at bmacias@bamsi.org

Thursday, May 23rd

PPAL Parent Support Group, 5:30 pm -7:30 pm

Stand for Children Massachusetts' Worcester Chapter is offering an opportunity to educate parents and community members about the role of the school committee. There is an important school committee race in Worcester this year and we want to help voters make informed and educated decisions when they vote for candidates in November.

PPAL, 51 Union Street, Suite 308, Worcester, MA

Friday, May 24th

Health Fair, 8:30 am – 2:00 pm

Beth Pond from PPAL will be there!

Sky View Middle School, Leominster, MA

Friday, May 24th

PPAL Plant-Based Cooking Class and Luncheon, 10:00 am – 1:00 pm

Rockport, MA

For more information contact Krissie Burnham, PPAL's Family Support Specialist, by phone at

978.283.0296 Ext. 732 or Krissieburnham@me.com

Monday, May 27th

PPAL Parent Strong Club, 9:45 am -11:00 am

Fitness training at Beverly Athletic Club

7 Reservoir Rd Beverly, MA 01915

For more information contact Krissie Burnham, PPAL's Family Support Specialist, by phone at 978.283.0296 Ext. 732 or Krissieburnham@me.com

Tuesday, May 28th

Parent Support Meeting, 9:30 am -11:00 am

Northshore Education Consortium

112 Sohier Road, Beverly, MA 01915

For more information contact Krissie Burnham, PPAL's Family Support Specialist, by phone at 978.283.0296 Ext. 732 or Krissieburnham@me.com

Wednesday, May 29th

Community Café for Parents and Caregivers, evening event, hours TBA

Beth pond (PPAL), Ann Berube (Y.O.U., Inc.) and Anne Hurst.

Gardner, MA.

For additional information on time and exact location contact PPAL at 508-767-9725.

Friday, May 31st

PPAL's 3rd Annual Conference and Celebration! 8:30 am - 3:00 pm

Best Western Royal Plaza and Trade Center

181 Boston Post Road West, Marlborough, MA 01752

For more information, call 508-767-9725 or visit our website at www.ppal.net.