













Children's Mental Health Week May 3-9, 2020

Join Parent/Professional Advocacy League and our statewide partners in celebrating children and families throughout the month of May.

Please see our Expanded Events Calendar or visit www.ppal.net/about for additional information about the events listed below and for more events in your area.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Light It Up Green Virtual Tree Lighting Ceremony at 7pm- 9pm at PIN office.	2 
3 Children's Mental Health Week!	4 PPAL virtual support group Worcester/North Central Area, at 9am- 11am. Call 1(574) 807-6224 PIN: 481 219 769#	5 PPAL is announcing Mental Health Hero Awards! Stay tuned through our Facebook page.	6 MA Landmarks Go Green! See list from below of local landmarks that go green today to celebrate children's mental health!	7 Children's Appreciation Night. Organized by PIN, through ZOOM. Please check with your area Parent Coordinator at PIN for details.	8 Airbrushing Art-Live Stream Studio for young adults at 12pm- 2pm Central MA. Call: 617-513-8003, David, WaysideYouth	9 
10 Mother's Day 	11 	12 PPAL's virtual May guest lecture with Naomi Angoff Chedd with a topic: "What Are You Worried About? Treating Fears, Phobias and Emotional Distress in Children." At 10am-11:30am. RSVP at statewide@ppal.net .	13 Airbrushing Art-Live Stream Studio for young adults at 12pm-2pm for Central MA area. Call: 617-513-8003 David, WaysideYouth.	14 Mother's Day Breakfast at 9:30am - 11am. Organized virtually by PIN. PPAL virtual Parent Support Group presents: "Extended school closure and Special Ed Services & Rights" with Torie Argus, Esq. At 6pm-8pm.	15 PhotoVoice Recovery work from parents & young adults and "Special Education Rights and Procedures: A virtual Event Addressing Parents Questions. Please find contact info from the list below.	16 
17 	18 PIN virtual support group for parents of teens and young adults, at 7pm. Call or text Tara Freitas, PIN at 774-517-7035.	19 Sketch-Y Minds-Activity Group for young adults at 5pm-7pm /Milford & Canton. Call: 508-469-3284, Sabrina, WaysideYouth	20 P-TAY, Zia & YM Speakers Bureau Presents: <i>We are not our diagnosis:</i> virtual art show and information sharing, at 6pm-7pm.	21 <i>Imagine Nation</i> show for 2020 by Express Yourself is going virtual! See more info at www.exyo.org	22 PPAL virtual support group Worcester/North Central Area, at 9am- 11am. Call 1(574) 807-6224 PIN: 481 219 769#	23 
24 	25 Memorial Day 	26 Virtual parent/Caregiver support Group at 9:30am. Call: 508-469-3297, Christi, WaysideYouth.	27 PPAL virtual training: <i>Juvenile Justice 101</i> , at 3pm-4:30pm. RSVP at jkhattar@ppal.net .	28 <i>PIN Kids Have Talent!</i> Virtual video show hosted by PIN at 7pm. More information: www.pin.bamsi.org/groups-events .	29 Virtual parent support group, at 10am-11am. To RSVP email: psp@thehome.org	30 NamiWalks is going virtual! At 11am. For more info please contact Karen Gromis: kgromis@namimass.org
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Throughout May:

Light It Up Green Campaign

May 1 - May 31, 2020

PIN kicks off Mental Health Awareness Month with the launch of the *Light It Up Green* campaign, including a social media blitz. Posters and green ribbons will be distributed in celebration of Children's Mental Health Awareness Week.

PIN Youth Art Show

May 1 - May 31, 2020

PIN (The Parent Information Network) has an exciting new event this year in celebration of Children's Mental Health Awareness Week! PIN asked children and youth to submit themed artwork to be displayed in a virtual art show. The artwork will be displayed on the PIN website for the month of May. All participants will be receiving a participation prize!

May 1

Light It Up Green Virtual Tree Lighting Ceremony

At 7pm – 9pm

PIN, 47 East Grove Street, Middleboro

Join us for the premier event in our *Light It Up Green* campaign. A tree lighting ceremony and dedication will take place at the PIN administration office. PIN staff will be distributing specially curated *Mental Health Awareness* care packages, including swag, activities for kids and a green light bulb so you can "*Light It Up Green*" at home.

May 3

Children's Mental Health Week starts!

May 4

PPAL's virtual support group

At 9am – 11am

Family Support Drop-In (need a resource, have a question or just feel like chatting). Phone Number: 1(574) 807-6224, PIN: 481 219 769#.

With questions, email parentsupportgroup@ppal.net.

May 5

PPAL is announcing Mental Health Hero Awards! Stay tuned through our [Facebook page!](#)

May 6

Many MA landmarks go green in the evening to honor children's mental health awareness week! Zakim Bridge, Burns Bridge, Post Office Square, Rose Kennedy Greenway and MBTA Government Center are all turning their lights green. See our updates on other landmarks lighting up too from our social media: Instagram and Facebook!

May 7

PPAL virtual training

At 10am – 12pm

COVID-19 and resources. For more information and RSVP with Joel Khattar at jkhattar@ppal.net.

Virtual Children's Appreciation Night

PIN will be hosting a variety of special family events across the Southeast in celebration of Children's Mental Health Awareness. These events will take place via Zoom. Please check with your area Parent Coordinator at PIN (The Parent Information Network) for details. Link: www.pin.bamsi.org/groups-events.

May 8

Virtual airbrushing Art-Live Stream Studio, peer group for Young Adults (ages 16-25)

At 12pm – 2pm

For Central MA area. For more information, please contact Coordinator of Arts Programs: David. Email: David_Sebastian@waysideyouth.org or call: 617-513-8003.

May 12

PPAL's virtual lecture with Naomi Angoff Chedd

At 10am – 11.30am

Join us virtually to listen our May guest speaker Naomi Angoff Chedd talking about "*What Are You Worried About? Treating Fears, Phobias and Emotional Distress in Children.*" For more information and registration, please contact: statewide@ppal.net.

May 13

Virtual airbrushing Art-Live Stream Studio, peer group for Young Adults (ages 16-25)

At 12pm – 2pm

For Central MA area. For more information, please contact Coordinator of Arts Programs: David. Email: David_Sebastian@waysideyouth.org or call: 617-513-8003.

May 14

Virtual Mother's Day Breakfast

At 9:30am – 11am

Jenny Murphy, Licensed Mental Health Counselor and Art Therapist, will be doing a live stream Zoom presentation on the benefits of art therapy. Jenny will also be leading us through a special craft project. Attendees will be provided with a gift bag containing craft supplies and other goodies! To participate, please contact: pin@bamsi.org.

PPAL virtual training

At 10am – 12pm

Self care. For more information and RSVP with Joel Khattar at jkhattar@ppal.net.

PPAL Parent Support via Zoom, guest speaker

At 6pm – 8pm

"*Extended school closure and Special Ed Services & Rights*" with Torie Argus, Esq. from Health Law Advocates. RSVP at parentsupportgroup@ppal.net.

May 15

PhotoVoice Recovery, work from parents & young adults

Virtual event "*Special Education Rights and Procedures: A virtual Event Addressing Parents Questions*". Email: Parent_Peer_Partnership@waysideyouth.org with questions and for more information about event details.

PPAL's virtual support group

At 9am – 11am

Family Support Drop-In (need a resource, have a question or just feel like chatting). Phone Number: 1(574) 807-6224, PIN: 481 219 769#. With questions, email parentsupportgroup@ppal.net

May 18

Virtual support group for parents of teens and young adults (ages 14-25)

At 7pm

Call or text Tara Freitas at PIN at 774-517-7035 or email at tarafreitas@bamsi.org.

May 19

Virtual Sketch-Y Minds-Activity Group for Young Adults (ages 16-25)

At 5pm – 7pm

For Milford & Canton area. For more information, please contact group facilitator Sabrina at Sabrina_Francomedina@waysideyouth.org or call 508-469-3284 or 401-702-0173.

May 20

P-TAY, Zia & Youth MOVE Speakers Bureau Presents via ZOOM

At 6pm – 7pm

"*We are not our diagnosis: virtual art show and information sharing*". RSVP at parentsupportgroup@ppal.net.

Virtual NOVA-Activity Group for Young Adults (ages 16-25)

At 6pm – 8pm

For Framingham area. For more information, please contact group facilitators Joshua and Cameron at Joshua_Lucente@waysideyouth.org or call 508-202-0073. Email Cameron at Cameron_Hulme@waysideyouth.org or call 857-244-0420.

May 21

Imagine Nation show by Express Yourself, Inc is going virtual! For more information go to: www.exyo.org.

May 22

PPAL's virtual support group

At 9am – 11am

Family Support Drop-In (need a resource, have a question or just feel like chatting). Phone Number: 1(574) 807-6224, PIN: 481 219 769#.

With questions, email parentsupportgroup@ppal.net.

May 26

Virtual parent/Caregiver Support Group

At 9:30am

For attending, please reach out to group facilitator Christi at Christi_Fagerberg@waysideyouth.org or call 508-469-3297 or 470-601-7602.

PPAL virtual training

At 12:30 – 2pm

Self care. Training provided in English and Spanish. For more information and RSVP with Joel Khattar at jkhattar@ppal.net or Meri Viano at mviano@ppal.net.

May 27

PPAL virtual training

At 3pm– 4:30pm

Juvenile Justice 101. For more information on event details and RSV, please email Joel Khattar at jkhattar@ppal.net or Meri Viano at mviano@ppal.net.

May 28

PIN Kids Have Talent!

At 7pm

PIN is bringing you another brand-new event! We have gathered submissions from our kids, highlighting their amazing skills and talents! The video will premiere on PIN's website at 7pm, so gather your family and enjoy the show! More information: www.pin.bamsi.org/groups-events.

May 29

Virtual Parent/Caregiver Support Group

At 10am – 11am

Please call: 857-366-1702. To RSVP, please email: psp@thehome.org. Meeting ID: 454-394-7866, www.zoom.com.

May 30

NAMIWalks is going virtual!

At 11am

Participate in NAMIWalks Massachusetts through social media and NAMI's live feeds! For more information, please contact Karen Gromis at kgromis@namimass.org or call 617-580-8541 x204 or email Katherine Opiela at kopiela@namimass.org or call 617-580-8541 x 215.