



**PPAL** 25<sup>th</sup> 1991-2016 Anniversary  
**Parent/Professional Advocacy League**

**June – December 2016 Calendar of Events**

	<p><b>Yoga &amp; Mindfulness for Mental Health</b>          When – June 20, 10:00 – 11:30 a.m.      Where – Worcester Public Library</p> <p>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.</p>
	<p><b>Workshop on Children’s Mental Health in the Asian Community</b>          When – July 15, 10:00 – 11:30 a.m.          Where – Asian Community Development Corporation</p>
	<p><b>“Witness to the Dark: My Daughter’s Troubled Times. A Comedy of Emotions”</b>          When – August 24, 5:30 – 7:00 p.m.      Where – Springfield 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>Discussion with acclaimed memorist Mimi Baird, author of “He Wanted the Moon”</b>          When – September 22, 8:30 – 10:00 a.m.      Where – The Nonprofit Center, Boston</p> <p>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.</p>
	<p><b>Youth Move Rock n Shock</b>          When – October      Where – Worcester</p>
	<p><b>Adoption Journeys</b>          When – November 3, 9:30 – 11:00 a.m.      Where – Family Resource Center, Hyannis</p>
	<p><b>A Conversation with Ross Greene , Ph.D.</b>          When – December 14, 2:00 – 4:00 p.m.      Where – TBD</p> <p>Author Ross Greene is a clinical child psychologist and the author of the books “<i>The Explosive Child</i>” and “<i>Lost at School.</i>”</p>

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