



May 2019 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!

Throughout May

JRI Total Achievement Program (TAP) May is Mental Health Month Artwork Display Art celebrating mental health on display at Plymouth Public Library. *132 South Street, Plymouth, MA.*

Wednesday MAY 1

19th Annual Provider Forum on Restraint/Seclusion Prevention 9:00 AM-3:00 PM This year's forum will feature a keynote presentation on the global reach of the Six Core Strategies© by Kevin Ann Huckshorn and Jacob Lucas, discussing how they have been implemented into various settings. For more information contact Joel Danforth at joel.danforth@state.ma.us; 617-626-8174. To register go to <https://19th-provider-forum-rsp.eventbrite.com>. *Doubletree Hotel, 5400 Computer Drive, Westborough.*

Family Support Group 10:00 AM-12:00 PM Contact Barbara Seay at 781-860-3538 or bseay@eliotchs.org for more details. *57 Green St, Haverhill.*

2019 Recovery Forum: What Comes Next? Achieving and Maintaining Long-

Term Recovery 1:00-4:30 PM An afternoon of sharing strategies and information about how to sustain long-term recovery from behavioral health conditions. Registration begins at 12:30pm, light refreshments provided. To register visit: <https://www.surveymonkey.com/r/RecoveryForum2019>. *Best Western Royal Plaza Hotel and Trade Center, 181 Boston Post Rd. W, Marlborough.*

Worcester Parent Support Group Network Social 5:30-7:30 PM Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *PPAL office, 40 Southbridge Street, Worcester.*

Caregiver Support Group 6:00-8:00 PM Contact Kelly Beekman at 781-357-7784 or kbeekman@eliotchs.org for more details. *Methuen YMCA, 129 Haverhill St, Methuen.*

Milford Caregivers Support Group 6:00-8:00 PM Special break-out session for male caregivers with Josh. Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *Trinity Church, 17 Congress Street, Milford.*

Salem Caregiver Social Group 6:00-8:00 PM Contact Martha Cregan for more details at

508-688-5671 or mcregan@eliotchs.org. Salem YMCA, 1 Sewall St, Salem, MA 01970.

Thursday MAY 2

Connecting Parents Support Group 10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *West Suburban YMCA, Computer Room, 276 Church St, Newton, MA 02458.*

A Free Support Group for Artists and Aspiring Artists 1:30-3:30 PM NAMI Cambridge-Middlesex holds this event on the first and third Thursday of each month. This open and inclusive group, limited to 15 people, will encourage making art in a community and can include specific interests such as sharing, exhibiting, and discussing your artwork with others. Email Professor Malis at dmalis@lesley.edu or leave a message at 617-349-8544 to set up a time to meet with her to sign up for the class. *Lesley University, 29 Everett St, Cambridge, MA.*

Children's Appreciation Night PIN (Parent Information Network) will be hosting a variety of events across the Southeast in celebration of Children's Mental Health Awareness. Please check with the PIN Parent Coordinator in your area for details.

Parents of Transition Age Youth Support Group Network Social 5:30-7:30 PM Youth MOVE Speakers Bureau member presents: "Light at the end of the tunnel." Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *CHL Office Building, 100 Erdman Way, Leominster.*

Guided Group Meditation 6:00-7:30 PM Light refreshments will be served. Child care available upon request. RSVP to Kat Caruso at 774-539-8901 or kathryncarusobamsi.org.

Quincy Family Resource Center, 1120 Hancock St, 1st Floor, Quincy, MA 02169.

Parenting the Anxious Child 6:30-8:15 PM Featuring speaker Donna Shea, Director of the Peter Pan Center. Light meal provided. RSVP at 508-688-5739. *Wayside Youth and Family Support, 77 E. Merrimack St, Lowell.*

Friday MAY 3

Defining Trauma with Thomas Brown 9:00 AM-5:00 PM This training on trauma explores a definition of trauma created by a survivor of extreme traumatic experience. Thomas Brown, M.Ed., CPS, is a leading trauma educator who teaches trauma studies from a combined lived experience and academic research perspective. *225 Foxborough Boulevard Foxborough, MA 02035.*

Connecting Parents Support Group 10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Walpole Public Library, Children's Activity Room, 143 School St, Walpole, MA 02081.*

Saturday MAY 4

Advocates See Me 5K 8:00 AM-1:00 PM Kid activities include a fun run, face painting, games, and more. Strollers and leashed dogs are welcome. Refreshments will be provided. Cost: 5K Run/Walk \$30, Kids Run \$15. Register at www.Advocates.org/SeeMe5K. Contact RaceDirector@Advocates.org with questions. *DCR Hopkinton State Park, 164 Cedar Street, Hopkinton, MA.*

Fellowship Health Resources 4.6 Mile Walk & Run 9:30 AM-12:00 PM This is the 2nd annual fundraiser to support mental health & addiction programs in New Bedford. Cost: \$25.

Register at www.fhr.net. Contact Robert Ortiz 774 634-7976 or rortiz@fhr.net for more details. *Fort Taber Park, 1000 Rodney French Blvd., New Bedford, MA.*

Cultivate Relationships that Promote Well-Being 11:00 AM-1:00 PM Haitian parents and community leaders, join us for an interactive workshop on creating relationships that support children's social and emotional well-being, lunch and childcare will be provided. *Hyde Park Library, 35 Harvard Avenue, Hyde, Park.*

Sunday MAY 5

Saturate the Southeast in Green All Day Distribute posters and green ribbons in celebration of Children's Mental Health Awareness Week. Please check with the PIN (Parent Information Network) Parent Coordinator in your area for details.

Monday MAY 6

Gardner City Hall Goes Green! City Hall will be lit up green at dusk to celebrate Children's Mental Health Week. Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *Gardner, MA.*

Caregiver Support Group 10:00 AM-12:00 PM Contact Kelly Beekman at 781-357-7784 or kbeekman@eliotchs.org for more details. *Nevins Memorial Library, 305 Broadway, Methuen.*

Free Family Group for Those Who Have Experienced the Death of Someone Close 6:00-7:00 PM This free event is open to children and teens (ages 4-18) and their parent/guardian who have experienced the death of someone close to them. The evening will include dinner. RSVP to Keyla Kelley at 781-373-6570, KKelley@CareDimensions.org or visit www.caredimensions.org/calendars. *The SPARK*

Center, 255 River Street, Mattapan. Free parking is provided.

ADHD Parent Support Group 6:30-8:30 PM For more information contact ValleyADHDFamilies@gmail.com. *Northampton Area Pediatrics, LLP, 193 Locust Street, Northampton.*

Connecting Parents Support Group 6:30-8:30 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Canton Library, Art and Activity Room, 786 Washington St, Canton, MA 02021.*

Saturate the Southeast in Green All Day Distribute posters and green ribbons in celebration of Children's Mental Health Awareness Week.

Tuesday MAY 7

Connecting Parents Support Group 10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Westwood Public Library, Conference Room, 660 High St, Westwood, MA 02090.*

Different Kinds of Hurt: Isaac's Story Reading 12:00 PM Secretary of Health and Human Services Marylou Sudders and Department of Mental Health Commissioner Joan Mikula will be in attendance to celebrate May is Mental Health Month and Children's Mental Health Week with the introduction and reading of the graphic novel by Secretary Sudders to the elementary school students. Isaac's Story was developed for elementary school-aged children and demonstrates how an honest conversation about "different kinds of hurting" between two classmates can have a

lifelong effect, details about the campaign can be found at <https://www.mass.gov/isaacs-story>.
Sarah Greenwood School, 186 Glenway St, Boston, MA 02121.

Movie, Snack, Game & Gab 3:30 PM Join NAMI MV at the Oak Bluffs Library for a screening of Inside Out, a discussion on feelings, some games and movie themed snacks. Contact Lisa Belcastro at 508-776-3746 with questions.
Oak Bluffs Public Library, 56R School St, Vineyard Haven, MA 02568.

Worcester Proclamation 6:30PM
Worcester Mayor Petty presents Hope Youth Group Members "Children's Mental Health Week" Proclamation at the City Council Meeting. Contact PPAL office for more details at 508-767-9725 or info@ppal.net.
Worcester City Hall.

Issues of the Self in Treatment Resistant OCD 7:00-8:00 PM Join OCD Massachusetts for the Belmont Lecture Series Presented by Jason Krompinger, PhD, McLean Hospital. Contact Carla Kenney at carla@ocd-therapy.net with questions.
115 Mill Street, Belmont, MA 02478.

Saturate the Southeast in Green All Day
Distribute posters and green ribbons in celebration of Children's Mental Health Awareness Week.

Wednesday MAY 8

MA Goes Green! The Prudential Center, Zakim Bridge, Kenneth F. Burns Bridge, Post Office Square, Government Center Station, and South Station will all go green today to celebrate children's mental health! Contact PPAL office for more details at 508-767-9725 or info@ppal.net.
Boston, MA.

Ask the Advocate Group 10:00 AM-12:00 PM Contact Barbara Seay at 781-860-3538 or

bseay@eliotchs.org for more details.
57 Green St, Haverhill.

The Effects of Substance Abuse on Youth and Young Adults 5:30-7:30 PM
Presented by City of Worcester Public Health Prevention Specialist and Worcester Parents of Transition Youth Support Group Network. PPAL office, 40 Southbridge Street, Suite 310, Worcester, MA.

The Support Network's Annual Dinner 5:30-8:00 PM This year's event is about celebrating the true experts, YOU, Support Network Parents and Caregivers. Recognize our common humanity and the power of our stories of hope, humor and resilience. Register by April 30th at SupportNetworkDinnerMay2019.eventbrite.com. For questions contact Margery Jess at 413-536-2401 ext. 3005 or mjess@wmtcinfo.org.
Summit View Banquet House, 555 Northampton St, Rte. 5, Holyoke, MA.

Parent/Caregiver's Café 5:30-7:30 PM
Contact PPAL office for more details at 508-767-9725 or info@ppal.net.
Gardner Middle School, 297 Catherine St, Gardner, MA 01440.

Photo Voice Worcester Hills Exhibit 6:00-7:30 PM 24 pieces of art created by young adults.
Spark by Creative Hub, 2 Ionic Ave., Worcester, MA 01608.

Young Adult Support Group 6:00-7:30 PM
This free event provides community resources to adults ages 16-25 and is held every 2nd and 4th Wednesday of each month. Food and beverages provided! RSVP to Emma at 508-469-3267 or Emma_rossi@waysideyouth.org.
Tempo Young Adult Resource Center, 68 Henry Street, Framingham, MA.

Your LGBTQ+ Space - Ages 18-25 6:00-7:30 PM Join TEMPO for open discussions, group activities, and food & drinks every 2nd and 4th Wednesday of each month. Contact 508

879-1424 or ashley_torres@waysideyouth.org for details. *TEMPO 68 Henry St. Framingham, MA.*

Caregiver Support Group 6:00-8:00 PM
Contact Kelly Beekman at 781-357-7784 or kbeekman@eliotchs.org for more details.
Spectrum Fitness, 1007 Osgood, North Andover.

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Thursday MAY 9

10th Annual Mother's Day Breakfast 9:00 AM-12:00 PM Join us for a panel discussion on the benefits of mindfulness and self care. Develop valuable mindfulness techniques to practice at home and at work through hands-on techniques and digital health technology. A catered breakfast will be served. *Stoneforge Tavern, 90 Paramount Drive, Raynham.*

Hispanic Family Support Group 10:00 AM-12:00 PM Presentation on Assistive Technology. Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *Centro, 11 Sycamore St, Worcester.*

Connecting Parents Support Group 10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *West Suburban YMCA, Computer Room, 276 Church St, Newton, MA 02458.*

Online & Live Young Adult Peer Mentor Supervisor Round Table 12:00-1:00 PM
The second of three Webinar round tables highlighting common sticky situations in supervising young adults in peer roles and introduce tools that supervisors can use to support young adults in peer roles with

navigating and preventing sticky situations. Register at: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eg68ht4o55d89364&oseq=&c=&ch=>. Contact Jacob B. Ward at jward@donahue.umassp.edu with questions.

2nd Annual Healthy Minds/Healthy Bodies 3:30-6:00 PM This event is free and open to the public. Age-related activities will include arts & crafts, smoking cessation information, organized mall walks, and wellness screenings. *North Dartmouth Mall, 200 North Dartmouth Mall Way, North Dartmouth.*

Treatment Options for Hoarding Disorder – Worcester 6:00-7:00 PM OCD Massachusetts Worcester Lecture Series Presented by: Colette Coleman, LICSW and Carla Kenney, LMHC, Private Practice. Contact Carla Kenney carla@ocd-therapy.net. *55 Lake Ave North, Worcester, MA 01655.*

"What Can Neuroscience Tell Us about Friendship, Bullying and Social media?" 6:00-7:30 PM Guest speaker Amy Banks, MD. Contact Kelly Beekman at 781-357-7784 or kbeekman@eliotchs.org for more details. *Salvation Army, 395 Main St, Haverhill.*

Parent Support Group Network Social 6:00-8:00 PM Brendan Mahan/ADHD Essentials presents on "ADHD and Your Child." Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *Mt. Wachusett Community College, 44 Green Street, Room S-105, Gardner.*

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Friday MAY 10

Mindfulness with Children and Teens in Schools, Clinics and the Community 9:00 AM-4:00 PM Part of The Bridge Training

Institute Clinical Experts Series, featuring Christopher Willard, Psy.D. Cost: \$179.00.

Register online at

<https://bridgetraininginstitute.givecloud.co/>.

*The Courtyard Marriott 75 Felton Street
Marlborough, Massachusetts.*

Children's Behavioral Health Knowledge Center Symposium & Innovation Awards 9:30 AM-3:00 PM

Ann Kim, Director of Health & Well-Being at IDEO Cambridge, will deliver this year's Gailanne Reeh Lecture, titled: Bringing Design Thinking to Mental Health & Well Being. Register at <http://www.cbhknowledge.center/2019-symposium-and-innovation-awards>. *Worcester Recovery Center and Hospital K-2 conference room, 309 Belmont St, Worcester, MA 01604.*

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Walpole Public Library, Children's Activity Room, 143 School St, Walpole, MA 02081.*

Light it Up Green Event and

Celebration 4:00-7:30 PM Reception:

Recovering Stories, Art Show and Artists Sharing Session at the Zia/Kiva Center. Burns bridge gathering to celebrate light it up green for Children's Mental Health Week at 7:30.

Collaboration between Youth MOVE, PPAL, ZIA Access Center, Zia Center, and DMH. Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *209 Shrewsbury St, Worcester.*

Saturate the Southeast in Green All Day

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Saturday MAY 11

NAMI Walk Boston 2019 9:00 AM-12:00

PM NAMI Walks Massachusetts 2019 is a fun, family and dog friendly event and there is no cost. Register at www.namiwalks.org. Contact Walk Director Karen Gromis at 617-580-8541 or kgromis@namimass.org with questions. *Artesani Park, 1255 Soldiers Field Rd, Boston, MA 02135.*

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.*

Saturate the Southeast in Green All Day

Distribute posters and green ribbons in celebration of Children's Mental Health Awareness Week.

Monday MAY 13

Cape Ann Caregiver Social Group 6:00-

7:30 PM Contact Martha Cregan for more details at 508-688-5671 or mcregan@eliotchs.org. *67 Middle Street, Gloucester, MA.*

Connecting Parents Support Group

6:30-8:30 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Canton Library, Art and Activity Room, 786 Washington St, Canton, MA 02021.*

Tuesday MAY 14

2019 Massachusetts Psychiatric Rehabilitation Association Annual

Conference All Day Offering six different full-day institutes, over 20 workshops, and featuring Steve Morgan, Operations

Manager for Intentional Peer Support, as the keynote speaker. Register online at <http://www.masspra.org>. *Best Western Royal Plaza Hotel, 181 Boston Post Rd, Marlborough, MA 01752.*

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Westwood Public Library, Conference Room, 660 High St, Westwood, MA 02090.*

Activities Support Group 4:30-5:30 PM

This is a free group and safe place for young adults ages 16-24 offering arts and crafts, group discussions, and activities suggested by the group. Food and drinks will be provided. Contact Diana Duquette at 508-834-3074 or Diana_Duquette@waysideyouth.org with questions. *Wayside Youth & Family Support Network, 10 Asylum St., Milford MA.*

Hope Youth Group 5:00-6:30 PM Self-care event. Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *Institute Park, Worcester.*

Cultivate Relationships that Promote Well-Being 5:30-8:00 PM

Caregivers of Haitian infants, toddlers, and preschoolers join us for an interactive workshop on creating relationships that support child's social and emotional well-being. *Yawkey Konbit Kreyol Center for Early Education and Care, 185 Columbia Road, Boston.*

Caregiver Support Group 6:00-8:00 PM

Topic is "Vaping." Light meal provided. Meetings are free to anyone parenting a child or adolescent with behavioral or mental health special needs. Contact Nancy Collier for details at 508-688-5739 or ncollier@eliotchs.org.

Wednesday MAY 15

2019 Massachusetts Psychiatric Rehabilitation Association Annual Conference All Day Offering six different full-day institutes, over 20 workshops, and featuring Steve Morgan, Operations Manager for Intentional Peer Support, as the keynote speaker. Register online at <http://www.masspra.org>. *Best Western Royal Plaza Hotel, 181 Boston Post Rd, Marlborough, MA 01752.*

Self-Care Group 10:00 AM-12:00 PM

Contact Barbara Seay at 781-860-3538 or bseay@eliotchs.org for more details. *Spectrum Fitness, 1007 Osgood, North Andover.*

Parent Support Group Network Social

5:30-7:30 PM Skill-building presentation on "Communication Skills and Styles." Contact PPAL office for more details at 508-767-9725 or info@ppal.net. PPAL office, 40 Southbridge St, Worcester.

Thursday MAY 16

Leominster Parents of Transition Age Youth Network Social 10:00-11:30 AM

Youth MOVE Speakers Bureau Member presents "What should parents know about being transition age & LGBTQ." Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *CHL office building, 100 Erdman Way, Leominster.*

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *West Suburban YMCA, Computer Room, 276 Church St, Newton, MA 02458.*

Mental Health Awareness Picnic in the Park 11:00 AM-2:00 PM

Info tables, music, food, activities & more! Representation from a variety of local mental health organizations will be in attendance. RSVP by May 2nd, contact Tamela at 978-630-2794. Rain date: May 17th. Monument Park, Gardner, MA 01440.

A Free Support Group for Artists and Aspiring Artists 1:30-3:30 PM

NAMI Cambridge-Middlesex holds this event on the first and third Thursday of each month. This open and inclusive group, limited to 15 people, will encourage making art in a community and can include specific interests such as sharing, exhibiting, and discussing your artwork with others. Email Professor Malis at dmalis@lesley.edu or leave a message at 617-349-8544 to set up a time to meet with her to sign up for the class. Lesley University, 29 Everett St, Cambridge, MA.

Cultivate Relationships that Promote Well-Being 6:00-7:00 PM

Haitian parents of infants, toddlers, and preschoolers, join us for an interactive workshop on creating relationships that support your child's social and emotional well-being. Immigrants Family Services Institute 575 American Legion Hwy, Roslindale, MA 02131.

Meet & Greet with Carolyn Moore,

Transition Coordinator 6:00-8:00 PM Join us for a Meet & Greet with Carolyn Moore, Transition Coordinator for PIN. A light dinner will be served. PIN, 47 East Grove Street, Middleboro.

Friday MAY 17

Policing, Use of Force, and the Impact of Police Psychology 9:00 AM-12:00 PM

In this presentation by Gerald Sweet, PhD, an experienced police psychologist will be joined by law enforcement officers in a discussion of these often polarizing issues. Participants will be encouraged to join with the presenters in a

discussion about the relationships between law enforcement and the communities they serve.

Register online at

<https://www.williamjames.edu/>. William James College 1 Wells Avenue, Newton, MA 02459.

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. Walpole Public Library, Children's Activity Room, 143 School St, Walpole, MA 02081.

Saturday MAY 18

Cultivate Relationships that Promote Well-Being 11:00 AM-1:00 PM

Haitian parents and caregivers of infants, toddlers, and preschoolers join us for an interactive workshop on creating relationships that support your child's social and emotional well-being, lunch and childcare will be provided. Codman Square Health Center, 637 Washington Street, Dorchester.

Eliot CHS goes to Jay Gee's Fun Center

2:00-5:00 PM Contact Kelly Beekman at 781-357-7784 or kbeekman@eliotchs.org for more details. 602 Lowell St, Methuen.

Monday MAY 20

"Crisis Planning: Preparing before the Crisis" Workshop 5:30-7:30 PM

Contact PPAL office for more details at 508-767-9725 or info@ppal.net. Leominster Emergency Management Building, 37 Carter St, Leominster.

Gloucester Caregiver Social Group 6:00-

7:30 PM Contact Martha Cregan for more details at 508-688-5671 or mcregan@eliotchs.org.

Connecting Parents Support Group

6:30-8:30 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Canton Library, Art and Activity Room, 786 Washington St, Canton, MA 02021.*

Tuesday MAY 21

Women's Advocacy Day at the MA State House

9:00 AM-1:00 PM The Massachusetts Commission on the Status of Women invites you to the Great Hall of the Massachusetts State House for their 2019 Women's Advocacy Day. Hear from elected officials and MSCW Commissioners, visit state Legislators, and make your voice heard! For more information, contact mcsw@state.ma.us or 617-626-6520. *Massachusetts State House, Great Hall, 24 Beacon St, Boston, MA 02133.*

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Westwood Public Library, Conference Room, 660 High St, Westwood, MA 02090.*

Hope Youth Group Resilient Art Event

5:00-6:30 PM Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *Worcester Historical Museum, 30 Elm St, Worcester.*

Wednesday MAY 22

Movie, Snack, Game & Gab 3:30 PM Join NAMI MV for a movie screening, discussion, games and movie themed snacks. Contact Lisa Belcastro at 508-776-3746 with questions. *Edgartown Library, 26 Edgartown - West Tisbury Road, Edgartown, MA 02539*

Worcester Parents of Transition Age Support Group Social

5:30-7:30PM Informational and Resource Sharing Presentation on "The Mental Health Self-Care Wheel." Contact PPAL office for more details at 508-767-9725 or info@ppal.net. *Kiva/Zia Access Center, 209 Shrewsbury St, Worcester.*

Coming Together – Parent/Young Adult Support Groups

6:00-7:30 PM Dinner and make-your-own sundaes. RSVP to Ann Killion at 508-469-3207 or ann_killion@waysideyouth.org. *Wayside, 88 Lincoln St, Framingham, MA 01702.*

Young Adult Support Group

6:00-7:30 PM This free event provides community resources to adults ages 16-25 and is held every 2nd and 4th Wednesday of each month. Food and beverages provided! RSVP to Emma at 508-469-3267 or Emma_rossi@waysideyouth.org. *Tempo Young Adult Resource Center, 68 Henry Street, Framingham, MA.*

Your LGBTQ+ Space - Ages 18-25

6:00-7:30 PM Join TEMPO for open discussions, group activities, and food & drinks every 2nd and 4th Wednesday of each month. Contact 508-879-1424 or ashley_torres@waysideyouth.org for details. *TEMPO 68 Henry St. Framingham, MA.*

Caregiver Support Group

6:00-8:00 PM Contact Kelly Beekman at 781-357-7784 or kbeekman@eliotchs.org for more details. *Spectrum Fitness, 1007 Osgood, North Andover.*

Thursday MAY 23

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *West Suburban YMCA, Computer Room, 276 Church St, Newton, MA 02458.*

EXYO Presents “EXYO 25” 5:00-9:30 PM

(show time 7:00 pm-8:30 PM) Free and open to the public, the annual performing arts event presented by Express Yourself is celebrating its 25th year! For more information visit <https://www.exyo.org/show/exyo25/>. PIN will be providing dinner and transportation for PIN families. *Boch Center - Wang Theater, 270 Tremont Street, Boston 02116.*

Express Yourself Outing PIN is organizing a bus to EXYO and dinner at Kelly’s in Saugus. Meet at the Michael’s Store at Liberty Tree Mall in Danvers. Reservation required. Contact Martha Cregan for more details at 508-688-5671 or mcregan@eliotchs.org.

Parent Weekly Support Groups 6:30-8:30 PM Connecting Parents support groups offer parents and caregivers a safe place to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns, meetings are facilitated by professionals who have personal experience as a caregiver of a child with mental health concerns, groups are free and open to the public. *West Suburban YMCA Computer Room, 276 Church Street, Newton.*

Friday MAY 24

Annual Everett Mental Health Summit Everett Public Schools will host its annual Mental Health Summit with officials from the Fire Department, Police Department, Department of Children and Families, Department of Mental Health, Eliot Human Services, Cambridge Health Alliance and others to have an open and honest dialogue about how the work of these organizations and the Everett Public Schools can be coordinated to best meet the needs of Everett’s children and families, for more information contact Tom Philbin, Director of Communication at 617-309-8038 or at Tom.Philbin@ci.everett.ma.us. *Everett Public Schools.*

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Walpole Public Library, Children’s Activity Room, 143 School St, Walpole, MA 02081.*

Saturday MAY 25

Couples Support Group 5:00-7:00PM

Couples Support Group is an opportunity for couples to come together and share their experiences of raising a challenged child. *BAMSI Day Hab, 547 West Grove Street, Middleboro.*

Monday MAY 27

Connecting Parents Support Group

6:30-8:30 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Canton Library, Art and Activity Room, 786 Washington St, Canton, MA 02021.*

Tuesday MAY 28

Connecting Parents Support Group

10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *Westwood Public Library, Conference Room, 660 High St, Westwood, MA 02090.*

Activities Support Group 4:30-5:30 PM

This is a free group and safe place for young adults ages 16-24 offering arts and crafts, group discussions, and activities suggested by the group. Food and drinks will be provided. Contact Diana Duquette at 508-834-3074 or Diana_Duquette@waysideyouth.org with

questions. *Wayside Youth & Family Support Network, 10 Asylum St., Milford MA.*

Wednesday MAY 29

Beverly Caregiver Social Group 9:30-11:30 AM Contact Martha Cregan for more details at 508-688-5671 or mcregan@eliotchs.org. *North Shore Educational Consortium, 112 Sohler Road, Beverly.*

Thursday MAY 30

Connecting Parents Support Group 10:00 AM-12:00 PM Weekly meetings that serve as a safe place for parents and caregivers to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns. *West Suburban YMCA, Computer Room, 276 Church St, Newton, MA 02458.*

Friday MAY 31

19th Annual Youth at Risk Conference 8:00 AM-3:00 PM Annual all-day conference for professionals who work with at-risk youth, features 38 breakout sessions, as well as keynote speakers, program exhibitions and networking opportunities. To register: <https://www.cvent.com/events/2019-youth-at-risk-conference/registration>. For more information call 978-542-2085 or email yar@salemstate.edu. *Salem State University, O'Keefe Complex, O'Keefe Campus, 225 Canal Street, Salem.*

PPAL 8th Annual Conference & Celebration 8:30 AM-3:30 PM Join us for a day filled with informative workshops, great networking opportunities, and our keynote speaker Barbara Huff, Key Founder and First Director of The National Federation of Families For Children's Mental Health. Register online at ppal.net. *Doubletree by Hilton Hotel, 5400 Computer Drive, Westborough, MA 01581.*

Connecting Parents Support Group

10:00 AM-12:00 PM Support groups offer parents and caregivers a safe place to find the support, education, and resources necessary to manage the challenges and rewards of raising children with mental health concerns, meetings are facilitated by professionals who have personal experience as a caregiver of a child with mental health concerns, groups are free and open to the public. *Walpole Public Library, Children's Activity Room, 143 School Street, Walpole.*

Supports & Challenges in Childhood Development: Individual & Community Resources in a Changing World 2:30-5:00 PM

42nd Annual Erich Lindemann Memorial Lecture featuring Speakers: Arnold Kerzner, MD; & Gemima St. Louis, PhD and Moderator: David G. Satin, MD, DLFAPA. Register online at <https://www.williamjames.edu/>. *William James College 1 Wells Avenue Newton, MA 02459.*