



Metro Region

Coordinator: Jenna DeSpirito

Email: jenna.despirito@wearemass.org



Welcome everyone to the month of June! It is finally summertime, and I know we've all been looking forward to warmer weather. Above I included a picture that reads, "Welcome June! New month, new beginning, new mindset, new focus, new start, new intentions, new results". This is to remind everyone that this month can act as a fresh start for you, and everyone around you.

Before we start talking too much about June, I do want us to spend some time talking about the month of May and what we did as part of our region for that month. May was Mental Health Awareness Month, and during our regional meeting we talked about different ways to handle feeling stressed. Some of our meeting attendees recommended...

The month of May Is..

Mental Health Awareness Month

*Here is what some self-advocates had to say
at our latest Metro Regional meeting....*



Myself and Kamisha hope you celebrated all of the wonderful May holidays with joy and respect! We want to remind you that mental health is incredibly important, and that our regional meetings are a great place to come to get support from your peers and make new friends. Mental health is a priority!

Another highlight of the month of May was attending the West Region Self Advocacy Conference in Springfield. Kamisha, Jenna, and Matthew were some of the people

from the Metro Region that attended the conference. Kamisha and Jenna helped present a workshop all about how to advocate for yourself in a health care setting, and Matthew had a workshop too! Kamisha and Jenna continue to look for more self-advocacy groups, and opportunities, in the Metro Region so we can keep reaching as many people as possible. If you know of a group please feel free to contact us and let us know! Here is a picture from the West Region Conference, it is of the keynote speaker Tamara and James from the West Region:



Now, we are going to focus on the month of June! Our regional meeting will be held on Tuesday, June 16th from 4:30 to 6:00 on zoom. Be sure to stop by and celebrate with us! You never know if something you say during a meeting might inspire one of us, and make it into the MASS Flash!

Join Zoom Meeting

<https://us02web.zoom.us/j/226456287>

June is also Pride Month, and a reminder to celebrate everyone as they are! It is a time to celebrate peace and togetherness and learn about the history of the LGBTQIA+. Happy Pride Month to all!

