

December 8, 2020 PPAL Statewide Meeting Follow up

Thank you for participating in the PPAL December Statewide Meeting.

Below you will find links to resources from Annemarie Matulis, resources from MassSupport, and the PPAL event evaluation.

Resources from Annemarie Matulis

Contact for Annemarie: matulisannie@msn.com

- [Massachusetts Coalition for Suicide Prevention](#)
9 regions across Massachusetts
- **Impacted Family and Friends** is a program for finding inner peace.
Contact Annemarie here: matulisannie@msn.com

Inquiring minds want to know: What does an Impacted Family & Friends "Finding Inner Peace" wellness workshop series look and feel like?

Well, join us for an Informational Sample workshop. Saturday, Dec. 12th, Noon to 1:30 pm or Dec. 14th, 7:00 to 8:30 pm.

Interested in training to be able to facilitate these workshops? Attend one of the two dates noted above to learn how & when that can happen.

No costs for either session. Curious? matulisannie@msn.com

- **More than Sad:** Curriculum for [More than Sad](#) here. Training materials for parents, teachers, and high school students (even children as young as 11 or 12 yrs)
- **QPR - Question. Persuade. Refer.** [QPR information](#) QPR is a global, universal checklist. Annemarie offered organizations codes/materials for this. Annemarie suggested the benefits for everyone at support organizations to complete this one-hour online training.

Resources from MassSupport

- **MassSupport Network Flyer - Multi Language PDF Attached**
- **MassSupport PowerPoint Introduction - PDF Attached**
- **Contact Information**

888-215-4920

MassSupport@riversidecc.org

www.MassSupport.org

Current hours: Mon-Sat 8am-8pm

- **Open event Dec. 15th @ 7 PM - [Shelter from the Storm: Housing Resources During COVID-19](#)**

PPAL Event Evaluation

Please complete this quick evaluation to let us know how we can best support you. [Quick survey for 12/8](#)

Save the dates for the next PPAL Statewide Meetings

2nd Tuesday of each month from 10 -11:30 am

- January 12th - Commissioner and Deputy Commissioner of DMH (10 AM – 12 PM)
- February 9th - Families for Depression Awareness