

## **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](mailto: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](mailto: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](mailto: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](http://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 12<sup>th</sup> - Commissioner and Deputy Commissioner of DMH (10 AM – 12 PM)
- February 9<sup>th</sup> - Families for Depression Awareness