

Updated 8/6/2020

Erie County **Self Help Group Directory** for Adults

mental health advocates  of WNY
BE HEARD. BE HELPED.

Schedule of Weekly Support Group Meetings

| | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| 20 Somethings Group | | | | | | √ | |
| Addiction | | √ | √ | | √ | | |
| Anxiety | | √ | √ | √ | | √ | |
| Bipolar | | √ | √ | √ | | | |
| Brain Injury | | | √ | | | | |
| Depression | | √ | √ | √ | | √ | |
| Eating Disorders | | | | √ | | | √ |
| Family Support and Education | | √ | | √ | √ | √ | |
| Grief | | √ | √ | | | √ | |
| Narcotics Anonymous | √ | | √ | | | | |
| Networking Group - Job Club | | | | | √ | | |
| OCD | | √ | | √ | | | |
| Open Mic Night | | | | | √ | | |
| Recovery International (Mental Health Recovery) | | √ | √ | | | | √ |
| Sex Addiction | | | √ | | √ | | |
| Sexual Assault Survivors | | | | √ | | | |
| Social Hour Group | | √ | | √ | | | |
| Spirituality | | √ | | | | √ | |
| Writing and Well-Being | | √ | | | | | √ |

Please note that MHA has not been able to confirm that every group is still happening. We advise you to contact the information provided for the group you'd like to attend before the group meets.*

Additional Groups

Elmwood Wellness Center, located at 400 Forest Ave. (816-2911), has a variety of programs available for mental health consumers who have a mental illness diagnosis from a physician. Open enrollment is on Wednesdays between 1pm-3pm. Some examples of programs are: AA, NA, Quit Smoking Group, Basic Nutrition, Self- Expression through art, and a poetry workshop. Programs are held during different days and at different times. If you would like to learn more about these programs and others offered, please call the number above.

The Pride Center of WNY, located at 200 S. Elmwood Ave. (852-7743), has a variety of programs available for members of the LGBTQ community who are looking for support. Examples of their programs are: Coming Out peer support group, Trans Art Therapy, and a monthly transgender discussion group for peers. If you would like to learn more about these programs and others offered, please call the number above or visit www.pridecenterwny.org.

Spectrum Health, located at 2040 Seneca Street (716-539-6721), offers events within the community. These FREE events allow for social distancing and safety for all the Youth/Young Adults who are in/or are considering recovery from Substance overuse, ages 16-17,18-30. These events show that you can have fun while in recovery and make new connections with those on a similar path. If the need arises we will be holding virtual events in the place of community events.

Start with Sleep, located at 1211 Hertel Ave. (235-1505), offers a variety of workshops for both behavioral and medical sleep challenges. Their mission is to educate the public and support the medical community in recognizing sleep as the foundation for optimal health. If you would like to learn more about these free programs and others offered, including free restorative yoga, please call the number above or visit www.startwithsleep.com.

Narcotics Anonymous of WNY - 716-878-2316 or nawny@nawny.org

Alcoholics Anonymous of Buffalo, NY - 716-853-0388 or buffaloaa@hotmail.com

Secular Organizations for Sobriety / "Save OurSelves" - <https://sos-nys.org/>

SUNDAY

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| Narcotics Anonymous | 10:00 am | Saint Simons Episcopal Church 200 Cazenovia Street Buffalo, NY Located in the dining room, entrance is in the rear parking lot Ed Brunner 716-381-1775 |
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MONDAY

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| Recovery International <i>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</i> | 12:45pm - 2:15 PM | Meetings available via phone RSVP via website; any questions contact Joyce. www.recoveryinternational.org Joyce 438-1479 |
| Writing and Well-Being <i>Poetry writing and reading to encourage mental health recovery - open to anyone with a mental health diagnosis</i> | 1:00pm-2:00 pm | Mental Health Advocates of WNY Zoom meeting Email Bridget at bmcnally@mhawny.org |
| Depression, Anxiety, OCD, and Bipolar Support Group <i>Call before first time attending</i> | 2:30pm - 4:30 PM | Meetings available via phone 1-425-436-6359 Access Code: 26413# Stu Rubin 875-8571 |
| Hope After Heartache <i>For those who have lost a loved one</i> | 4:00 - 5:30 PM 1st and 3rd Monday | St. Aloysius Gonzaga Church 157 Cleveland Drive Cheektowaga, NY 14217 Meetings outdoors; need to RSVP, please contact Marianne. Marianne 716-873-6500 mhubert@buffalodiocese.org |
| People who need People | 10:00 AM- 11:00 AM | Meetings available via phone RSVP to Leslie Saunders |

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| <i>Support group designed for individuals who are new in the recovery process and are asking "what should I do now?"</i> | | 716-416-2522 lsaunders@wnyil.org |
| Hope for Families <i>Peer run family support group for family members in time of crisis</i> | 4:00 PM- 5:00PM | Meetings available via phone Hosted by Naomi Taylor RSVP at: ntaylor@wnyil.org 716-563-0078 |
| Coping with Anxiety/Stress during COVID-19 | 6:00pm - 7:00 pm | Mental Health Advocates of WNY Zoom meeting Email Bridget at bmcnally@mhawny.org |
| A2A Support Group <i>A group for peers to help peers through the obstacles of addiction and recovery. Judgement free zone.</i> | 5:00-6:00 PM | Meetings available via phone, web or app. Hosted by Megan Green RSVP at: gvinson@wnyil.org Or 716-398-3907 |
| Spirituality Group <i>Peer run family support group for family members in time of crisis</i> | 12:00PM - 12:45 PM | Mor more information or to join this group, contact Delmar Jackson via cellphone 716-254-7511 djackson@wnyil.org |

TUESDAY

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| A2A Support Group <i>A group for peers to help peers through the obstacles of addiction and recovery. Judgement free zone.</i> | 5:00PM -6:00 PM | Meetings available via phone, web or app. Hosted by Megan Green RSVP at: gvinson@wnyil.org Or 716-398-3907 |
| Brain Injury Peer Support in Rural Communities <i>Support for peers and</i> | 6:30 PM Every other Tuesday | Virtual Support available; register online at : www.headwayofwny.org Maggie 408-3100 |

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| <i>caregivers</i> | | |
| Mental Health Support Group with Stu Rubin <i>Depression, anxiety, bipolar, ect.</i> | 2:30pm - 4:30 pm | Mental Health Advocates of WNY Email Bridget at bmcnally@mhawny.org |
| Recovery International <i>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</i> | 7:00 PM | Meetings available via phone RSVP via website; www.recoveryinternational.org Judith 716-773-1367 Thomas 716-668-2380 |
| Hope After Heartache <i>For those who have lost a loved one</i> | 7:00 – 8:30 PM 1st and 3rd Tuesday | Mount Olivet Cemetery 4000 Elmwood Ave Buffalo, NY 142073 Contact: Marianne 716-833-6500 mhubert@buffalodiocese.org |
| Buffalo S Anon <i>A group of spouse, friends, and family whose lives have been affected by sexual addicts</i> | 7:30 – 9 PM | Participants can contact Dawn at 716-341-8306 or buffalosanon16@gmail.com |

WEDNESDAY

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| Hope for Families <i>Peer run family support group for family members in time of crisis</i> | 4:00 PM- 5:00PM | Meetings available via phone Hosted by Naomi Taylor RSVP at: ntaylor@wnyil.org 716-563-0078 |
| Bipolar, Depression, OCD, Anxiety, Stress, Countering Stigma and Positive Peer Support Group | 6:00 – 8:00 PM | Meetings are via phone 1-425-436-6359 Access Code: 26413# Terry Hall 875-3058 |
| Sexual Assault Survivors (S.A.S.) Peer Support Group <i>Survivors of sexual assault</i> | 5:30 - 6:30 PM 1st and 3rd Wednesdays | Mental Health Advocates of WNY Virtual Meeting SASpeergroup@gmail.com |

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| <p><i>and rape may feel alone and isolated. You are not alone. This group brings survivors together to discuss their experiences and offer each other support 18+ only please.</i></p> | | <p>Or Bridget at 716-886-1242x347</p> <p>You will receive a confirmation email with log-in information</p> |
| <p>Peer Connection <i>Support for peers and a safe platform to explore emotion regulation, healthy coping strategies, mindfulness, and self-empowerment for anyone seeking help with a mental health disorder</i></p> | <p>3:00pm - 4:00 pm</p> | <p>Virtual Group RSVP to khauser@wnyil.org Or 716-322-9264</p> |
| <p>People who need People <i>Support group designed for individuals who are new in the recovery process and are asking "what should I do now?"</i></p> | <p>10 am - 11 am</p> | <p>Meetings available via phone RSVP to Leslie Saunders 716-416-2522 lsaunders@wnyil.org</p> |
| <p>Eating Disorders Anonymous <i>Provides a safe environment for people with eating disorders to share their experience, strength and hope.</i></p> | <p>6:00PM</p> | <p>The Center for Clarity Phone meeting 978-990-5000</p> <p>Access Code: 4554533</p> <p>Krystyna 716-320-1034</p> |
| <p>Mental Health Phone Support Group with Stu Rubin <i>Depression, anxiety, bipolar, ect.</i></p> | <p>6:30pm - 8:00 pm</p> | <p>Mental Health Advocates of WNY Email Bridget at bmcnally@mhawny.org</p> |
| <p>Community Integration Project Meeting <i>Meeting of returned citizens that support each</i></p> | <p>8:00 PM- 9:00 PM</p> | <p>Virtual Meeting hosted by Rafiq Salim RSVP at: 716-836-0822 rsalim@wnyil.org</p> |

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| <i>other in their community</i> | | *This is a closed meeting for individuals who have returned the community from an institution* |
| PEER 2 PEER Wellness Wisdom <i>Offers supports and assists in development of coping skills.</i> | 1:30 PM- 2:30 PM | Virtual Meeting hosted by Kelly Hauser RSVP at: khauser@wnyil.org 716-322-9264 |
| Family Support Group - NAMI National Alliance on Mental Illness | 12:00 pm - 1:30 PM | Virtual Meetings Pre-registration is required online@namibuffalony.org Include: name, phone number, date of group. *A call will be made to you to do registration, go over process and give you invitation to register for date requested* www.namibuffalony.org |

THURSDAY

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| Job Club Networking Group <i>Work with vocational peer counselors in learning job preparation skills</i> | 4:30 – 6:30 PM | Independent Living Project 3108 Main St Buffalo, NY 14214 Danielle 836-0822 x-170 |
| Sexual Recovery Anonymous <i>Peer support for sex addicts</i> | 7:00 - 8:00 PM | Meetings available via phone 605-475-6700 Passcode: 930 3658 breaking.the.chains.wny@gmail.com |
| Open Mic Night: Freedom of Expression <i>Freely express yourself through spoken word, singing, music, theater, dance and comedy</i> | 7:00 P - 8PM | Hosted by Lisa Maria Cruz RSVP at: lmacruz@wnyil.org Or call 716-208-2590 |

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| <p>A2A Support Group <i>A group for peers to help peers through the obstacles of addiction and recovery.</i> <i>Judgement free zone.</i></p> | <p>5:00PM -6:00 PM</p> | <p>Meetings available via phone, web or app. Hosted by Megan Green RSVP at: gvinson@wnyil.org Or 716-398-3907</p> |
| <p>Family Support Group - NAMI <i>National Alliance on Mental Illness</i></p> | <p>7:00 PM-8:30 PM</p> <p>2nd and 3rd week of the month</p> | <p>Virtual Meetings Pre-registration is required online@namibuffalony.org Include: name, phone number, date of group.</p> <p>*A call will be made to you to do registration, go over process and give you invitation to register for date requested*</p> <p>www.namibuffalony.org</p> |
| <p>Phone Poetry Reading <i>Open to readers and listeners</i></p> | <p>7:00 PM - 8:00 PM</p> | <p>Contact Bridget at bmcnally@mhawny.org</p> |

FRIDAY

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| <p>Coping with the Loss of a Child Contact Jennifer for dates and times of meetings.</p> | <p>Meets monthly</p> | <p>Jewish Community Center 2640 North Forest Road Getzville, NY 14068 Jennifer Levesque 716- 883-1914 ext 327</p> |
| <p>Hope for Families <i>Peer run family support group for family members in time of crisis</i></p> | <p>4:00 PM- 5:00PM</p> | <p>Meetings available via phone Hosted by Naomi Taylor RSVP at: ntaylor@wnyil.org 716-563-0078</p> |
| <p>20 Something's Group <i>Young adults 18 - 28</i> <i>Validation and Support to emerging adults facing mental and/or substance</i></p> | <p>6:00 – 7:30 PM</p> | <p>Mental Health Advocates of WNY Virtual Meeting</p> <p>Email: peersupport@mhawny.org Call: 716-886-1242 ext 345</p> |

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| <i>abuse</i> | | Call/text 716-245-5339 |
| Southtowns Self-Help Group <i>Anxiety, depression, panic disorder, social phobia</i> | 6:30 – 8:30 PM | St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127 Dennis 716-713-4318 *outdoors, bring lawn chair* |
| PEER 2 PEER Wellness Wisdom <i>Offers supports and assists in development of coping skills.</i> | 1:30 PM- 2:30 PM | Virtual Meeting hosted by Kelly Hauser RSVP at: khauser@wnyil.org 716-322-9264 |
| Spirituality Group <i>Peer run family support group for family members in time of crisis</i> | 12:00PM - 12:45 PM | Mor more information or to join this group, contact Delmar Jackson via cellphone 716-254-7511 djackson@wnyil.org |
| People who need People <i>Support group designed for individuals who are new in the recovery process and are asking "what should I do now?"</i> | 10:00 AM-11:00 AM | Meetings available via phone RSVP to Leslie Saunders 716-416-2522 lsaunders@wnyil.org |

SATURDAY

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| Eating Disorders Anonymous <i>Provides a safe environment for people with eating disorders to share their experience, strength and hope.</i> | 10:00 AM | The Center for Clarity Phone meeting 978-990-5000 Access Code: 4554533 Krystyna 716-320-1034 |
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| Phone Writing and Well-Being Workshop <i>Poetry writing and reading to encourage mental health recovery - open to anyone with a mental health diagnosis</i> | 10:00 AM | Mental Health Advocates of WNY Virtual Meeting RSVP at: Bridget McNally 886-1242 bmcnally@mhawny.org |
| Recovery International <i>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</i> | 11:00 AM | Fourteen Holy Helpers School 1339 Indian Church Rd. Buffalo, NY 14224 Michele 449-2255 |

**Information &
Referral Services**



mental health
advocates
of WNY

The Mental Health Advocates of WNY seek to promote mental health and wellness in our community and support individuals and families challenged by mental illness.

mhawny.org | 716-886-1242