

**Erie County
Support Group
Directory
for Adults**

mental health advocates of WNY

BE HEARD. BE HELPED.

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***

The Pride Center of WNY, located at 200 S. Elmwood Ave. (716-852-7743), 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.

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 - <https://sos-nys.org>

MONDAY

Recovery International <i>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</i>	12:45 PM – 2:15 PM Phone meeting	Meetings available via phone RSVP via website; any questions contact Joyce. www.recoveryinternational.org Joyce 716-438-1479
Writing and Well-Being <i>Poetry writing and reading to encourage mental health recovery - open to anyone with a mental health diagnosis</i>	1:00 PM – 2:00 PM Virtual meeting	Mental Health Advocates of WNY Email Bridget at bmcnally@mhawny.org
Hope After Heartache <i>For those who have lost a loved one</i>	5:15 PM – 6:30 PM 1st Monday In-person	St. Aloysius Gonzaga Church 157 Cleveland Drive Cheektowaga, NY 14215 Meetings outdoors; need to RSVP, please contact Marianne. Marianne 716-873-6500 mhubert@buffalodiocese.org
Coping with Anxiety/Stress during COVID-19	6:00 PM – 7:00 PM Virtual Meeting	Mental Health Advocates of WNY Email Bridget at bmcnally@mhawny.org

<p>Depression, Anxiety, OCD, and Bipolar Peer Support Group <i>Open to anyone with any mental health challenge. Please call before first time attending.</i></p>	<p>6:00 PM – 8:00 PM In-Person</p>	<p>Meeting in person at WNY Independent Living, 3108 Main St, Buffalo, NY 14214</p> <p>Phone access available on Monday Federal Holidays only: 1-425-436-6359 Access Code: 126413# Marie Therese (MT) 716-435-0238</p>
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TUESDAY

<p>Brain Injury Peer Support in Rural Communities <i>Support for peers and caregivers</i></p>	<p>6:30 PM Every other Tuesday</p>	<p>Virtual Support available; register online at : www.headwayofwny.org Maggie 408-3100</p>
<p>Mental Health Support Group with Stu Rubin <i>Depression, anxiety, bipolar, ect.</i></p>	<p>2:30PM– 4:30PM</p>	<p>Mental Health Advocates of WNY Email Bridget at bmcnally@mhawny.org</p>
<p>Recovery International <i>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</i></p>	<p>7:00 PM</p>	<p>Meetings available via phone RSVP via website; www.recoveryinternational.org Judith 716-773-1367 Thomas 716-668-2380</p>
<p>Hope After Heartache <i>For those who have lost a loved one</i></p>	<p>7:00 PM – 8:30 PM 1st and 3rd Tuesday In-person</p>	<p>St. John the Baptist Church Reina Community Center 1085 Englewood Ave. Tonawanda, NY 14223 Contact: Marianne 716-873-6500 mhubert@buffalodiocese.org</p>

<p>Buffalo S Anon <i>A group of spouse, friends, and family whose lives have been affected by sexual addicts</i></p>	<p>7:30 PM – 9:00 PM</p>	<p>Participants can contact Dawn at 716-341-8306 or buffalosanon16@gmail.com</p>
<p>Hope Heals Family Support Group</p>	<p>12:00 PM- 1:30 PM</p> <p>In-person</p>	<p>Sparks of Hope 107 Main St. Hamburg NY 14075</p> <p>Please wear a face covering for the duration of the group. As family members, our pain grows as we watch our loved ones suffering from substance abuse. The confusing on how to help can be overwhelming.</p> <p>Contact Alan Tomaski at 716-931-0380 or atomaski@wny.org to register.</p>

WEDNESDAY

<p>A Journey to Healing <i>For families who are struggling with a loved one's addiction.</i></p>	<p>1:00 PM- 2:00pm</p> <p>Virtual Meeting</p>	<p>Contact Eddylees Guzman at 716-836-0822 ext. 164 or email eguzman@wnyil.org.</p>
<p>Positive Perspective <i>How do we change our thinking? Let's find the positive in this very negative world!</i></p>	<p>1:00 PM – 2:00 PM</p> <p>Virtual Meeting</p>	<p>Contact Bobbie Fullenweider, 716-836- 0822 or email bfullenweider@wnyil.org</p>

<p>Building Foundations of Recovery <i>Addict 2 Addict & Family 2 Family Peer Support Group</i> An all-inclusive group supporting multiple pathways of recovery to educate individuals of the resources available to help them develop a strong foundation to recovery.</p>	<p>3:00 PM-4:00 PM Virtual Meeting</p>	<p>Contact Eddylees Guzman at 716-836-0822 ext. 164 or email eguzman@wnyil.org to register.</p>
<p>Sexual Assault Survivors (S.A.S.) Peer Support Group <i>Survivors of sexual assault 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>5:30 PM – 6:30 PM 1st and 3rd Wednesdays Virtual Meeting</p>	<p>Mental Health Advocates of WNY Virtual Meeting SASpeergroup@gmail.com Or Bridget at 716-886-1242x347 You will receive a confirmation email with log-in information</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>6:00 PM</p> <p>Phone Meeting</p>	<p>The Center for Clarity 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>6:30 PM – 8:00 PM</p>	<p>Mental Health Advocates of WNY Email Bridget at bmcnally@mhawny.org</p>
<p>Family Support Group - NAMI <i>National Alliance on Mental Illness</i></p>	<p>7:00 PM – 8:30 PM</p> <p>3rd and 4th week of the month</p>	<p>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</p>

THURSDAY

<p>Job Club Networking Group <i>Work with vocational peer counselors in learning job preparation skills</i></p>	<p>4:30 PM – 6:30 PM</p>	<p>Independent Living Project 3108 Main St Buffalo, NY 14214 Danielle 836-0822 x-170</p>
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<p>Sexual Recovery Anonymous <i>Peer support for sex addicts</i></p>	<p>7:00 PM – 8:00 PM Phone meeting</p>	<p>605-475-6700 Passcode: 930 3658 breaking.the.chains.wny@gmail.com</p>
<p>Hand & Hand <i>Trauma support group</i></p>	<p>1:00 PM- 2:00 PM Virtual Meeting</p>	<p>Contact Ashanti Brown at 716-836-0822 ext. 160 or email ashbrown@wnyil.org to register.</p>
<p>MICA (Mental Illness Chemical Addiction) Group <i>Learn how to understand and challenge both mental illness and chemical addiction.</i></p>	<p>3:00 PM- 4:00 PM Virtual Meeting</p>	<p>Contact Brett Dunbar at 716-836-0822 ext. 509 or email bdunbar@wnyil.org to register.</p>
<p>Virtual Open Mic Night: Freedom of Expression <i>Freely express yourself through spoken word, singing, music, theater, dance and comed</i></p>	<p>4:30 PM – 5:30 PM Virtual Meeting</p>	<p>Meets on the 1st and 3rd Thursday of the month. Contact Lisa Maria Cruz at 836-0822 ext. 520 or email lmacruz@wnyil.org to register. Starts September 1, 2022</p>
<p>Family Support Group - NAMI National Alliance on Mental Illness</p>	<p>7:00 PM – 8:30 PM Virtual Meeting 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. *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</p>

<p>Family Support Group- NAMI <i>National Alliance on</i> <i>Mental Illness</i></p>	<p>7:00 PM – 8:30 PM</p> <p>Virtual Meeting</p> <p>2nd and 3rd* week of the month</p> <p>*3rd week is for spouses and partners only</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</i> <i>listeners</i></p>	<p>7:00 PM – 8:00 PM</p>	<p>Contact Bridget at bmcnally@mhawny.org</p>
<p>Living with OCD Peer Support Group <i>Open to anyone with OCD</i> <i>diagnosis</i></p>	<p>1st and 3rd week of the month</p> <p>1:00 PM – 3:00 PM</p>	<p>Meets in person at Mental Health Advocates of WNY 1021 Broadway Buffalo, NY 14212 Meeting held in 4th floor conference room</p> <p>Contact Bridget at bmcnally@mhawny.org</p>

<p>In- Person SMART Recovery</p>	<p>12:30 PM – 1:30 PM In-Person</p>	<p>Revive Wesleyan of Hamburg 4999 McKinley Parkway Hamburg, NY 14075</p> <p>Please wear a face covering for the duration of the group. Our goal is to help individuals gain independence from addictive behavior and lead meaningful and satisfying lives.</p> <p>Contact Alan Tomaski at 716-931-0380 or atomaski@wnyil.org to register.</p>
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FRIDAY

<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>20 Something's Group <i>Young adults 18 - 28</i> <i>Validation and Support to emerging adults facing mental health challenges</i></p>	<p>6:00 PM – 7:30 PM Virtual and In-Person 2nd & 4th Friday</p>	<p>Mental Health Advocates of WNY Pilgrim-St. Luke's United Church of Christ 335 Richmond Ave. Buffalo, NY 14222</p> <p>Email: peersupport@mhawny.org Call: 716-886-1242 ext 345 Call/text 716-245-5339</p>

<p>Parents of Teens Family Support Group</p>	<p>6:00 PM- 7:30 PM In-Person</p> <p>1st and 3rd Friday</p>	<p>Mental Health Advocates of WNY Pilgrim-St. Luke's United Church of Christ</p> <p>335 Richmond Ave. Buffalo, NY 14222</p> <p>Contact Toddie Rogers 716-886- 1242 ext. 346 or Trogers@mhawny.org</p>
<p>Teen Support Group For youth 13-18</p>	<p>6:00 PM- 7:30 PM In-Person and Virtual Meeting</p> <p>1st and 3rd Friday</p>	<p>Mental Health Advocates of WNY Pilgrim-St. Luke's United Church of Christ</p> <p>335 Richmond Ave. Buffalo, NY 14222</p> <p>Email: peersupport@mhawny.org Call: 716-886-1242 ext 345 Call/text 716-245-5339</p>
<p>Southtowns Self-Help Group Anxiety, depression, panic disorder, social phobia</p>	<p>6:30 PM – 8:30 PM</p>	<p>St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127</p> <p>Dennis 716-713-4318 * outdoors, bring lawn chair*</p>

<p>Walk with Me <i>Addict 2 Addict, Family 2</i> <i>Family Peer Support Group</i></p> <p>We will meet with individuals with substance use disorder and their family members to discuss effective communication, conflict resolution, trust building, co-dependency recovery and coping skills.</p>	<p>3:00 PM – 4:30 PM</p> <p>Virtual Meeting</p>	<p>Contact Eddylees Guzman at 716-863-0822 ext. 164 or email eguzman@wnyil.org to register.</p>
<p>Healing Families <i>Peer family support group</i></p>	<p>1:00 PM- 2:30 PM</p> <p>In-person</p> <p>*Meets every other Friday call for dates</p>	<p>Rural Outreach Center 730 Olean Road East Aurora, NY 14052</p> <p>Please wear a face covering for the duration of the group. Come join us for our peer family support group. We can help rebuild our lives after the devastation of substance use in our homes.</p> <p>Contact Alan Tomaski at 716-931-0380 or email atomaski@wnyil.org to register.</p>

<p>Wellness for All Group <i>Peer support group for socializing.</i></p> <p>Peersupport group for socializing. A pool table, dart board, and television are available. Drinks and snacks can be purchased on site.</p>	<p>3:00 PM-5:00 PM</p> <p>In-person</p>	<p>Amity Club, 340 Military Road, Buffalo, NY 14207</p> <p>Contact Randy Oaks at 716-836-0822 ext. 182 or email roaks@wnyil.org to register.</p>
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SATURDAY

<p>Eating Disorders Anonymous <i>Provides a safe environment for people with eating disorders to share their experience, strength and hope.</i></p>	<p>10:00 AM</p>	<p>The Center for Clarity Phone meeting 978-990-5000</p> <p>Access Code: 4554533</p> <p>Krystyna 716-320-1034</p>
<p>Writing and Well-Being Workshop <i>Poetry writing and reading to encourage mental health recovery - open to anyone with a mental health diagnosis</i></p>	<p>10:00 AM – 12 pm</p> <p>2nd and 4th Saturday of each month</p>	<p>Mental Health Advocates of WNY 1021 Broadway, 4th Floor Buffalo, NY 14212</p> <p>Contact Bridget McNally 886-1242 x347 bmcnally@mhawny.org</p>

<p>Buffalo Peer WellBeing Community <i>A mutual peer support group open to anyone in the community</i></p>	<p>11:00 AM</p>	<p>For more information and to RSVP, please visit their Facebook group. www.facebook.com/groups/buffalopeerwellbeing</p>
<p>Recovery International Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</p>	<p>11:00 AM</p>	<p>Fourteen Holy Helpers School 1339 Indian Church Rd. Buffalo, NY 14224 Michele 449-2255</p>

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