

# **Erie County Support Group Directory for Adults**

*Effective Date: November 17, 2022*

**Mental Health Advocates of Western New York**

# mental health advocates of WNY

**BE HEARD. BE HELPED.**

*Please note, MHAWNY is not 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.*

*Meetings that are presented virtually can be by Zoom, MS Teams, Skype or other applications. Contact the meeting/group organization to get information on the application you need to join the meeting.*

## **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](http://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 abuse, 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, events will be held virtually rather than in the community.

**Secular Organizations for Sobriety** 716-636-7571 ext. 318, 1310 Sweet Home Rd., Buffalo NY 14228 <https://sos-nys.org>

**NAMI** is the National Alliance on Mental Illness. The organization is dedicated to building better lives for the millions of Americans affected by mental illness.

**Narcotics Anonymous of WNY** - 716-878-2316 or Email: [nawny@nawny.org](mailto:nawny@nawny.org)

**Alcoholics Anonymous of Buffalo, NY** - 716-853-0388 or Email: [buffalooa@hotmail.com](mailto:buffalooa@hotmail.com)

## Erie County Support Group Directory

Meeting/Group Topic(s)	Day(s)	Time(s)	Meeting Presented	Location (If in-person)	Contact Name	Contact Phone#	Contact Email	Website	Organization Registration Information
<b>Coping with the Loss of a Child</b>	Monthly - Dates to be determined	Time to be determined	To be determined	Jewish Community Center 2640 North Forest Road Getzville, NY 14068	Jennifer Levesque	716-883-1914 ext. 327			Registration/Information: Contact Jennifer Levesque for dates and times of meetings.
Meetings for people with Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds	Monday	12:45 PM – 2:15 PM	In-Person	St. Francis Church St Clare Center 144 Broad St. Tonawanda, NY 14150 (backdoor, go to outreach and food pantry door)	Joyce	716-438-1479		<a href="https://recoveryinternational.org">https://recoveryinternational.org</a>	Register on website. Questions, call Joyce
<b>Writing and Well Being</b> Poetry writing and reading to encourage mental health recovery. Open to anyone with a mental health diagnosis.	Monday	1:00 PM – 2:00 PM	Virtual		Bridget McNally		<a href="mailto:bmcnally@mhawny.org">bmcnally@mhawny.org</a>	<a href="https://mhawny.org/">https://mhawny.org/</a>	Register by email to Bridget McNally
<b>Hope After Heartache</b> For those who have lost a loved one	1st or 3rd Monday of the Month	(1st Mon): 5:15 PM – 6:30 PM (3rd Mon): 4PM-5:30 PM	In-Person	St. Aloysius Gonzaga Church 157 Cleveland Drive Cheektowaga, NY 14215 (Door G, Some steps)	Marianne	716-873-6500	<a href="mailto:mhubert@buffalodiocese.org">mhubert@buffalodiocese.org</a>		Register by calling or emailing Marianne.
<b>Coping with Anxiety/Stress during COVID-19</b>	Monday	6:00 PM– 7:00 PM	Virtual		Bridget McNally		<a href="mailto:bmcnally@mhawny.org">bmcnally@mhawny.org</a>	<a href="https://mhawny.org/">https://mhawny.org/</a>	Register by email to Bridget McNally
<b>Mental Health Peer Support Group</b> Open to anyone with any mental health challenge. Please call before first time attending.	Monday	6:00 PM – 8:00 PM	In-Person and Phone	WNY Independent Living Center 3108 Main St, Buffalo, NY 14214	Marie Therese	716-435-0238			For information call Marie Therese. Phone access available on Monday Federal Holidays only: 1-425-436-6359 Access Code: 126413#
<b>Brain Injury Peer Support in Rural Communities</b> Support for peers and caregivers	Tuesday	6:30 PM	Virtual		Maggie	716-408-3100		<a href="http://www.headwayofwny.org">www.headwayofwny.org</a>	Register online; virtual support available

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<b>Hope Heals Family Support Group</b> As family members, our pain grows as we watch our loved ones suffering from substance abuse. The confusion how to help can be overwhelming.	Tuesday	12:00 PM-1:30 PM	In-Person	Sparks of Hope 107 Main St. Hamburg, NY 14075	Alan Tomaski	716-931-0380	<a href="mailto:atomaski@wny.org">atomaski@wny.org</a>		Register by calling or emailing Alan Tomaski
<b>Mental Health Support Group with Stu Rubin</b> Depression, anxiety, bipolar, ect.	Tuesday	2:30PM-4:30PM	Virtual		Bridget McNally		<a href="mailto:bmcnally@mhawny.org">bmcnally@mhawny.org</a>	<a href="https://mhawny.org/">https://mhawny.org/</a>	Register by email to Bridget McNally
<b>Hope After Heartache</b> For those who have lost a loved one	1st Tuesday of the month	7:00 PM – 8:30 PM	In-Person	St. John the Baptist Church Reina Community Center 1085 Englewood Ave. Tonawanda, NY 14223	Marianne	716-873-6500	<a href="mailto:mhubert@buffalodiocese.org">mhubert@buffalodiocese.org</a>		Register by calling or emailing Marianne.
Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds	Tuesday	7:00PM-9:00 PM	In-Person	Trinity United Methodist Church 2100 Whitehaven Rd. Grand Island, NY 14072				<a href="http://recoveryinternational.org">http://recoveryinternational.org</a>	Recovery International
Meetings for people with Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds	Tuesday	7:30PM-9:30PM	In-Person	St Lukes Lutheran Church 900 Maryvale Dr. Cheektowaga, NY 14225	Thomas	716-668-2380		<a href="https://recoveryinternational.org">https://recoveryinternational.org</a>	Register on website; Questions call Thomas
A group of spouse, friends, and family whose lives have been affected by sexual addicts.	Tuesday	7:30 PM – 9:00 PM	To be determined		Dawn	716-341-8306	<a href="mailto:buffalosanon16@gmail.com">buffalosanon16@gmail.com</a>	<a href="https://sanon.org/find-a-meeting/">https://sanon.org/find-a-meeting/</a>	Contact Dawn for information on Buffalo meeting. Check the website for other meetings.
<b>A Journey to Healing</b> For families who are struggling with a loved one's addiction.	Wednesday	1:00 PM-2:00pm	Virtual		Eddylees Guzman	716-836- 0822 ext. 164	<a href="mailto:eguzman@wnvil.org">eguzman@wnvil.org</a>		Register by calling or emailing Eddylees
<b>Positive Perspective</b> How do we change our thinking? Lets find the positive in this very negative world.	Wednesday	1:00 PM-2:00pm	Virtual		Bobbi Fullenweider	716-836-0822	<a href="mailto:bfullenweider@wnvil.org">bfullenweider@wnvil.org</a>		Register by calling or emailing Bobbi

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<b>Building Foundations of Recovery</b> Addict 2 Addict & Family 2 Family Peer Support Group 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.	Wednesday	3:00 PM-4:00 PM	Virtual		Eddylees Guzman	716-836- 0822 ext. 164	<a href="mailto:eeuzman@wnvil.org">eeuzman@wnvil.org</a>		Register by calling or emailing Eddylees Guzman
<b>Sexual Assault Survivors (S.A.S.) Peer Support Group</b> 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.	1st and 3rd Wednesday	5:30 PM – 6:30 PM	Virtual				<a href="mailto:Saspeergroup@gmail.com">Saspeergroup@gmail.com</a>	<a href="https://mhawny.org/">https://mhawny.org/</a>	Register by email
<b>Eating Disorders Anonymous</b> Provides a safe environment for people with eating disorders to share their experience, strength and hope	Wednesday	6:00 PM	Phone		Krystyna	716-320-1034			To join the meeting Dial: 978-990-5000 Enter Access Code: 4554533
<b>Mental Health Phone Support Group with Stu Rubin</b> Depression, anxiety, bipolar.	Wednesday	6:30 PM – 8:00 PM	Phone		Bridget McNally		<a href="mailto:bmcnally@mhawny.org">bmcnally@mhawny.org</a>		To Join: Call MHA's main phone number at 886-1242 Enter the extension 601 Enter the password 1234#
<b>Hope After Heartache</b> For those who have lost a loved one	3rd Wednesday of month	7:00PM-8:30pm	In-Person	St. Paul's Community Center 33 Victoria Blvd Kenmore, NY 14217 Disabled accessible	Marianne	716-873-6500	<a href="mailto:Mhubert@buffalocatholicceteries.org">Mhubert@buffalocatholicceteries.org</a>		St Paul's Community Center Registering by calling or emailing Marianne

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<b>Family Support Group</b> Facilitated, confidential support for family members and caregivers concerned about and/or caring for a person with mental illness. Leaders are trained NAMI members who have lived family experience with a loved one's struggles with mental illness.	3rd and 4th Wednesdays of the month	7:00 PM – 8:30 PM	In-Person or Phone or Virtual	Location varies, Information on the website or you will be notified at registration.		716-226-6264	<a href="mailto:online@namibuffalony.org">online@namibuffalony.org</a>	<a href="http://www.namibuffalony.org">www.namibuffalony.org</a>	Check online for groups/classes offered. Pre-registration by email. Include: your name, phone number, and group you'd like to attend. <i>You will receive a call to complete registration, go over process and give you invitation to register for date requested.</i>
<b>Job Club Networking Group</b> Work with vocational peer counselors in learning job preparation skills.	Thursday	4:30 PM – 6:30 PM	In-Person	Independent Living Project 3108 Main St. Buffalo, NY 14214	Danielle	716-836-0622 x 170			Call Danielle for information
<b>SMART Recovery</b> Our goal is to help individuals gain independence from addictive behavior and lead meaningful and satisfying lives.	Thursday	12:30 PM– 1:30 PM	In-Person	Revive Wesleyan of Hamburg 4999 McKinley Parkway Hamburg, NY 14075	Alan Tomaski	716-931-0380	<a href="mailto:atomaski@wny.org">atomaski@wny.org</a>		Register by call or email to Alan Tomaski  Please wear a face covering for the duration of the group.
<b>Hand &amp; Hand</b> Trauma support group	Thursday	1:00 PM- 2:00 PM	Virtual		Ashanti Brown	716-836-0822 ext. 160	<a href="mailto:ashbrown@wnyil.org">ashbrown@wnyil.org</a>		Register by contacting Ashanti by phone or email
Peer support for sex addicts	Thursday	7:00 PM-8:00PM	Phone				<a href="mailto:breaking.the.chains.wny@gmail.com">breaking.the.chains.wny@gmail.com</a>		Information: send email. To join the meeting: dial 605-475-6700 enter pass code 9303658
<b>Living with OCD Peer Support Group</b> Open to anyone with OCD diagnosis	1st and 3rd Thursday of the month	1:00 PM – 3:00 PM	In-Person	MHAWNY 1021 Broadway 4th fl. Conference Rm. Buffalo, NY 14212	Bridget McNally		<a href="mailto:bmcnally@mhawny.org">bmcnally@mhawny.org</a>		Register by email to Bridget McNally
<b>MICA (Mental Illness Chemical Addiction) Group</b> Learn how to understand and challenge both mental illness and chemical addiction	Thursday	3:00 PM- 4:00 PM	Virtual		Brett Dunbar	716-836-0822 ext. 509	<a href="mailto:bdunbar@wnyil.org">bdunbar@wnyil.org</a>		Register by contacting Brett Dunbar by phone or email

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<b>Virtual Open Mic Night: Freedom of Expression</b> <i>Freely express yourself through spoken word, singing, music, theater, dance and comedy</i>	1st and 3rd Thursday of the month.	4:30 PM – 5:30 PM	Virtual		Lisa Maria Cruz	716-836-0822 ext. 520	<a href="mailto:lmacruz@wnvil.org">lmacruz@wnvil.org</a>		Register by contacting Lisa Marie Cruz by phone or email
<b>Family Support Group</b> Facilitated, confidential support for family members and caregivers concerned about and/or caring for a person with mental illness. Leaders are trained NAMI members who have lived family experience with a loved one's struggles with mental illness.	2nd and 3rd Thursday of the month	7:00 PM – 8:30 PM	In-Person or Phone or Virtual				<a href="mailto:online@namibuffalony.org">online@namibuffalony.org</a>	<a href="http://www.namibuffalony.org">www.namibuffalony.org</a>	Check online for groups/classes offered. Pre-registration by email. Include: your name, phone number, and group you'd like to attend. <i>You will receive a call to complete registration, go over process and give you invitation to register for date requested.</i>
<b>Healing Families Peer family Support Group</b> Come join us for our peer family support group. We can help rebuild our lives after the devastation of substance use in our homes.	Meets every other Friday	1:00 PM-2:30 PM	In-Person	Rural Outreach Center 730 Olean Road East Aurora, NY 14052	Alan Tomaski	716-931-0308	<a href="mailto:atomaski@wny.org">atomaski@wny.org</a>		Register by call or email to Alan Tomaski  Please wear a face covering for the duration of the group.
<b>Walk with Me Addict 2 Addict, Family 2 Family Peer Support Group</b> Individuals with substance use disorder and their family members discuss effective communication, conflict resolution, trust building, co-dependency recovery and coping skills.	Friday	3:00 PM – 4:30 PM	Virtual		Eddylees Guzman	716-863- 0822 ext. 164	<a href="mailto:eguzman@wnvil.org">eguzman@wnvil.org</a>		Register by calling or emailing Eddylees Guzman
<b>Wellness for All Group</b> Peer support group for socializing. A pool table, dart board, and television are available. Drinks and snacks can be purchased on site.	Friday	3:00 PM-5:00 PM	In-Person	Amity Club, 340 Military Road, Buffalo, NY 14207	Randy Oaks	716-836-0822 ext. 182	<a href="mailto:roaks@wnvil.org">roaks@wnvil.org</a>		Register by calling or emailing Randy Oaks

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Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds	Friday	5:00PM-7:00pm	In-Person	Wheatfield Towers 6849 Plaza Drive Niagara Falls, NY 14304				<a href="http://recoveryinternational.org">http://recoveryinternational.org</a>	Dial 000 on intercom for assistance
<b>20 Something's Group</b> Young adults 18 - 28 Validation and Support to emerging adults facing the mental health challenges	2nd and 4th Friday of the month	6:00 PM – 7:30 PM	In-Person and Virtual	Pilgrim-St. Luke's United Church of Christ 335 Richmond Ave. Buffalo, NY 14222		Call: 716-886-1242 ext 345 Call/text 716-245-5339	<a href="mailto:peersupport@mhawny.org">peersupport@mhawny.org</a>		Registration by email to <a href="mailto:peersupport@mhawny.org">peersupport@mhawny.org</a>
<b>Parents of Teens Support Group</b>	1st and 3rd Friday of the month	6:00 PM- 7:30 PM	In-Person	Luke's United Church of Christ 335 Richmond Ave. Buffalo, NY 14222	Toddie Rogers	716-886-1242 ext. 346	<a href="mailto:trogers@mhawny.org">trogers@mhawny.org</a>		Register by email to Toddie Rogers
<b>Teen Support Group For Youth 13-18</b>	1st and 3rd Friday of the month	6:00 PM- 7:30 PM	In-Person and Virtual	Luke's United Church of Christ 335 Richmond Ave. Buffalo, NY 14222		Call: 716-886-1242 ext 345 Call/text 716-245-5339	<a href="mailto:peersupport@mhawny.org">peersupport@mhawny.org</a>		Registration by email to <a href="mailto:peersupport@mhawny.org">peersupport@mhawny.org</a>
<b>Southtowns Self-Help Group</b> Anxiety, depression, panic disorder, social phobia	Friday	6:30 PM – 8:30 PM	To be determined	St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127	Dennis	716-713-4318			Registration/Information by calling Dennis
<b>Eating Disorders Anonymous</b> Provides a safe environment for people with eating disorders to share their experience, strength and hope.	Saturday	10:00AM	Phone		Krystyna	716-320-1034			To join meeting - Dial: 978-990-5000 Enter Access Code: 4554533  Call Krystyna for information
<b>Writing and Well-Being Workshop</b> Poetry writing and reading to encourage mental health recovery - open to anyone with a mental health diagnosis	1st & 3rd Saturday of each month	10:00 AM – 12 pm	In-Person	MHAWNY 1021 Broadway 4th fl. Conference Rm. Buffalo, NY 14212	Bridget McNally	716-866-1242	<a href="mailto:bmcnally@mhawny.org">bmcnally@mhawny.org</a>		No registration required, come to location at time of meeting. If there is inclement weather, call MHA office to make sure the group is still meeting.
<b>Facebook Group</b> A mutual peer support group open to anyone in the community	Saturday	11:00AM	Virtual		Facebook Group: Buffalo Peer Wellbeing Community				To join the group you must have Facebook installed and have an account. Open Facebook/Go to Groups/Search for Buffalo Peer Wellbeing/Join



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Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds	Saturday	12:00PM-2:00pm	In-Person	Fourteen Holy Helpers School 1339 Indian Church Rd. Buffalo, NY 14224	Michelle	716-449-2255			Registration/Information contact Michelle