

Community Support Group Directory for Adults & Youth

Effective Date: December 14, 2023

Mental Health Advocates of Western New York



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.

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. <https://www.namibuffalony.org>

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

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

GriefShare is a grief recovery support group where you can find help and healing for the hurt of losing a loved one. Anyone seeking help can use their zip code to find an in-person or online group near them. <https://www.griefshare.org/findagroup>

DivorceCare is a divorce recovery support group where you can find help and healing for the hurt of separation and divorce. Anyone seeking help can use their zip code to find an in-person or online group near them. <https://www.divorcecare.org/findagroup>

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Meeting/Group Topic(s)	Day(s)	Time(s)	Meeting Presented	Location (If in-person)	Contact Name	Contact Phone#	Contact Email	Website	Organization Registration Information
JCC Coping with the Loss of a Child	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
Recovery International 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		https://recoveryinternational.org	Register on website. Questions, call Joyce
Writing and Well Being 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		Sophie Reese		sreese@mhawny.org	https://mhawny.org/	Register by email to Sophie Reese
Hope After Heartache 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	mhubert@buffalodiocese.org		Register by calling or emailing Marianne
Family Help Center's Parent Cafe Social/Support Group is for parents and guardians of children of all ages. We discuss a range of topics including the struggles of parenting, nurturing/gentle parenting, co-parenting, self-care, safe sleep, the barriers and benefits to having quality time with children, and more.	2nd Monday of the month	12:00 PM-1:00 PM	Virtual		Alicia		Alicia-aalleway@familyhelpcenter.net	https://familyhelpcenter.net/support/	Register by emailing or calling Alicia
MHAWNY- Coping with Anxiety/Stress with Jack Licata	Monday	6:00 PM– 7:00 PM	Virtual		Sophie Reese		sreese@mhawny.org	https://mhawny.org/	Register by email to Sophie Reese
Mental Health Peer Support Group 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#

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Hope Heals Family Support Group 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	atomaski@wny.org		Register by calling or emailing Alan Tomaski
MHAWNY- Mental Health Support Group with Stu Rubin Depression, anxiety, bipolar, ect.	Tuesday	2:30PM–4:30PM	Virtual		Sophie Reese		sreese@mhawny.org	https://mhawny.org/	Register by email to Sophie Reese
Healing Families Peer family Support 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.	1st & 3rd Tuesday of the month	6:00 PM-7:00 PM	In-Person	Rural Outreach Center 730 Olean Road East Aurora, NY 14052	Alan Tomaski		atomaski@wny.org		Register by email to Alan Tomaski. Please wear a face covering for the duration of the group. You can bring family members with you. If you have any trouble with transportation to the group, please contact Alan Tomaski.
Hope Walks Here For youth ages 13-18 who have lost loved ones to suicide	2nd Tuesday of each month	6:30 PM - 7:30 PM	In-Person	Tosh Collins Community Center 35 Cazenovia St. Buffalo, NY 14210	Sophie Reese	716-886-1242 x 323	sreese@mhawny.org	mhawny.org	Register by phone or email to Sophie Reese
Suicide Loss Grief Support Group For adults who have lost loved ones to suicide	2nd Tuesday of each month	6:30 PM - 7:30 PM	In-Person	Tosh Collins Community Center 35 Cazenovia St. Buffalo, NY 14210	Sophie Reese	716-886-1242 x 323	sreese@mhawny.org	mhawny.org	Register by phone or email to Sophie Reese
Hope After Heartache For those who have lost a loved one	1st Tuesday of each 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	mhubert@buffalodiocese.org		Register by calling or emailing Marianne.

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Recovery International- 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				http://recoveryinternational.org	Recovery International
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		https://recoveryinternational.org	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				buffalosanon16@gmail.com	https://sanon.org/find-a-meeting/	Contact the email provided for information on Buffalo meeting. Check the website for other meetings.
Mental Wellness Support Group	1st and 3rd Tuesday of the month	11:30 AM - 12:30 PM	In-Person	144 Main St. Lockport, NY 14094 (Walnut St. Entrance)	Chris	716-425-1458	cwarden@mhanc.com		Contact Chris to register. Cancellations posted on Facebook @ Mental Health Association in Niagara County.
Mental Wellness Support Group	LAST Tuesday of the month	2:00 PM - 3:00 PM	In-Person	2600 William Street Newfane, NY 14108	Chris	716-425-1458	cwarden@mhanc.com		Contact Chris to register. Cancellations posted on Facebook @ Mental Health Association in Niagara County.
WNY Independent Living- A Journey to Healing For families who are struggling with a loved one's addiction.	Wednesday	1:00 PM-2:00 PM	Virtual		Eddylees Guzman	716-836- 0822 ext. 164	eguzman@wnyil.org		Register by calling or emailing Eddylees
WNY Independent Living- Positive Perspective How do we change our thinking? Lets find the positive in this very negative world.	Wednesday	1:00 PM-2:00 PM	Virtual		Bobbi Fullenweider	716-836-0822	bfullenweider@wnyil.org		Register by calling or emailing Bobbi
Brain Injury Peer Support in Rural Communities Support for peers and caregivers who is caring for someone who has a brain injury. Members participate and share about the demands of caregiving and practical resources to help them cope.	1st & 3rd Wednesday of the month	2:00PM-3:00 PM	Virtual				support@headwayofwny.org	www.headwayofwny.org	Send your name, phone number, email address and date(s) and time(s) that you would like to attend to the contact email. Once they receive your email, further instructions will be provided.

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Building Foundations of Recovery 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	eguzman@wnyil.org		Register by calling or emailing Eddylees Guzman
Mental Health Support Group for People with Developmental Disabilities	First Wednesday of each month	3:00 PM-4:00 PM	In-Person	463 William St. Buffalo, NY 14204		716-895-6701			
Collateral Hope & Recovery	Wednesday	5:30 PM Cafe Snacks 6:00 PM- 7:30 PM meeting	In-Person	2784 Seneca Street West Seneca, NY	Victor	716-398-6509			Register by calling Victor
MHAWNY- Sexual Assault Survivors (S.A.S.) Peer Support Group 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 Wednesday & 3rd Thursday of each month	5:30 PM – 6:30 PM	Virtual		Amanda		Saspeergroup@gmail.com	https://mhawny.org/	Register by email
Eating Disorders Anonymous Provides a safe environment for people with eating disorders to share their experience, strength and hope	Wednesday	10:00 AM	Phone		Krystyna	716-320-1034			To join the meeting Dial: 978-990-5000 Enter Access Code: 4554533
Mental Health Phone Support Group with Stu Rubin Depression, anxiety, bipolar.	Wednesday	6:30 PM – 8:00 PM	Phone		Sophie Reese		sreese@mhawny.org		To Join: Call MHA's main phone number at 886-1242 Enter the extension 601 Enter the password 1234#
Suicide Survivors Support Group	1st & 3rd Wednesday of the month	6:00 PM - 7:00 PM	In-Person	Niagara County Community College - Building E- Room 106	Chris	716-425-1458	cwarden@mhanc.com		Contact Chris to register. Cancellations posted on Facebook @ Mental Health Association in Niagara County.

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Hope After Heartache For those who have lost a loved one	3rd Wednesday of the month	7:00PM-8:30pm	In-Person	St. Paul's Community Center 33 Victoria Blvd Kenmore, NY 14217 Disabled accessible	Marianne	716-873-6500	Mhubert@buffalocatholicceteries.org		St Paul's Community Center Registering by calling or emailing Marianne
NAMI- Family Support Group 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 Wednesday 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	online@namibuffalony.org	http://www.namibuffalony.org/programs/calendar/	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>
Job Club Networking Group 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	716-836-0822			Call Danielle for information
Anxiety/Depression Recovery Support Group	1st and 3rd Thursday of the month	12:30 PM - 2:00 PM	In-Person	Heart, Love, amd Soul Daybreak Center 924 Niagara Ave Niagara Falls, NY 14305	Chris	716-425-1458	cwarden@mhanc.com		Contact Chris to register. Cancellations posted on Facebook @ Mental Health Association in Niagara County.
Trauma/Grief Recovery Support Group	2nd and 4th Thursday of the month	12:30 PM - 2:00 PM	In-Person	Heart, Love, amd Soul Daybreak Center 924 Niagara Ave Niagara Falls, NY 14305	Chris	716-425-1458	cwarden@mhanc.com		Contact Chris to register. Cancellations posted on Facebook @ Mental Health Association in Niagara County.
WNY Independent Living-SMART Recovery Our goal is to help individuals gain independence from addictive behavior and lead meaningful and satisfying lives.	Thursday	12:00 PM– 1:00 PM	In-Person	Revive Wesleyan of Hamburg 4999 McKinley Parkway Hamburg, NY 14075 Room 129	Alan Tomaski	716-931-0380	atomaski@wny.org		Register by call or email to Alan Tomaski Please wear a face covering for the duration of the group.
Hand & Hand Trauma support group	Thursday	1:00 PM- 2:00 PM	Virtual		Ashanti Brown	716-836-0822 ext. 160	ashbrown@wnyil.org		Register by contacting Ashanti by phone or email
Peer support for sex addicts	Thursday	7:00 PM- 8:00PM	Phone				breaking.the.chains.wny@gmail.com		Information: send email. To join the meeting: dial 605-475-6700 enter pass code 9303658

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Living with OCD Peer Support Group 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	Sophie Reese		sreese@mhawny.org		Register by email to Sophie Reese
WNY Independent Living-MICA (Mental Illness Chemical Addiction) Group 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	bdunbar@wnyil.org		Register by contacting Brett Dunbar by phone or email
Virtual Open Mic Night: Freedom of Expression <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. 130	lmcruz@wnyil.org		Register by contacting Lisa Marie Cruz by phone or email
Family Support Group 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		Denis Munir		dmunir@wnyil.org	www.namibuffalony.org	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>
WNY Independent Living-Walk with Me Addict 2 Addict, Family 2 Family Peer Support Group Individuals with substanceuse 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	eguzman@wnyil.org		Register by calling or emailing Eddylees Guzman
Wellness for All Group Peer support group for socializing. A pool table, dart board, and television are available. Drinks and snacks can be purchased on site.	2nd and 4th Friday of the month	3:00 PM-5:00 PM	In-Person	Amity Club, 340 Military Road, Buffalo, NY 14207	Randy Oaks	716-836-0822 ext. 182	roaks@wnyil.org		Register by calling or emailing Randy Oaks

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Recovery International- 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				http://recoveryinternational.org	Dial 000 on intercom for assistance
MHAWNY- 20 Something's Group Young adults 18 - 28 Validation and Support to emerging adults facing 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	peersupport@mhawny.org	mhawny.org	Registration by email to peersupport@mhawny.org
MHAWNY- Teen Peer Support Group For Youth 13-18:City	1st 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	peersupport@mhawny.org	mhawny.org	Registration by email to peersupport@mhawny.org
MHAWNY- Teen Peer Support Group For Youth 13-18: Southtowns	3rd Friday of the month	6:00 PM- 7:30 PM	In-Person and Virtual	Revive Wesleyan 4999 McKinley Pkwy Hamburg, NY 14075		Call: 716-886-1242 ext 345 Call/text 716-245-5339	peersupport@mhawny.org	mhawny.org	Registration by email to peersupport@mhawny.org
Southtowns Self-Help Group 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	Nicole	716-239-9048			Registration/Information by calling Nicole
Eating Disorders Anonymous 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
Writing and Well-Being Workshop Poetry writing and reading to encourage mental health recovery - open to anyone with a mental health diagnosis	1st & 3rd Saturday of the month	10:00 AM – 12:00 PM	In-Person	MHAWNY 1021 Broadway 4th fl. Conference Rm. Buffalo, NY 14212	Sophie Reese	716-866-1242	sreese@mhawny.org	mhawny.org/support/	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.
Facebook Group 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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Recovery International- 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		recoveryinternational.org	Registration/Information contact Michelle