

# **Community Support Group Directory for Adults & Youth**

*Effective Date: February 29, 2024*

**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](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. <https://www.namibuffalony.org>

**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: [buffaloaa@hotmail.com](mailto: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>

## Erie County Support Group Directory

| Meeting/Group Topic(s)  | Day(s)                              | Time(s)  | Meeting Presented   | Location<br>(If in-person)   | Contact Name      | Contact Phone#        | Contact Email                         | Website   | Organization Registration Information  |
|---|-------------------------------------|--|---------------------|--|-------------------|-----------------------|---------------------------------------|---|--|
| <b>JCC</b> Coping with the Loss of a Child  | Monthly -<br>Dates to be determined | Time to be determined                                | To be determined    | Jewish Community Center<br>2640 North Forest Road<br>Getzville, NY 14068   | Jennifer Levesque | 716-883-1914 ext. 327 |                                       |   | Registration/Information:<br>Contact Jennifer Levesque for dates and times of meetings   |
| <b>Family Help Center's Parent Cafe Social/Support Group</b><br>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-aalleyway@familyhelpcenter.net | <a href="https://familyhelpcenter.net/support/">https://familyhelpcenter.net/support/</a> | Register by emailing or calling Alicia   |
| <b>Recovery International</b><br>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<br>St Clare Center<br>144 Broad St.<br>Tonawanda, NY 14150<br>(backdoor, go to outreach and food pantry door) | Joyce             | 716-438-1479          |                                       | <a href="https://recoveryinternational.org">https://recoveryinternational.org</a>         | Register on website. For questions call Joyce  |
| <b>Writing and Well Being</b><br>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                     | <a href="https://mhawny.org/">https://mhawny.org/</a>                                     | Register by email to Sophie Reese  |
| <b>Hope After Heartache</b><br>For those who have lost a loved one  | 1st or 3rd Monday of the Month      | (1st Mon): 5:15 PM-6:30 PM<br>(3rd Mon): 4PM-5:30 PM | In-Person           | St. Aloysius Gonzaga Church<br>157 Cleveland Drive<br>Cheektowaga, NY 14215 (Door G, Some steps)                                 | Marianne          | 716-873-6500          | mhubert@buffalodiocese.org            |   | Register by calling or emailing Marianne   |
| <b>MHAWNY-</b> Coping with Anxiety/Stress with Jack Licata  | Monday                              | 6:00 PM-7:00 PM                                      | Virtual             |  | Sophie Reese      |                       | sreese@mhawny.org                     | <a href="https://mhawny.org/">https://mhawny.org/</a>                                     | Register by email to Sophie Reese  |
| <b>Mental Health Peer Support Group</b><br>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<br>3108 Main St,<br>Buffalo, NY 14214  | Marie Therese     | 716-435-0238          |                                       |   | For information call Marie Therese.<br>Phone access available on Monday Federal Holidays only:<br>1-425-436-6359<br>Access Code: 126413# |

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| <b>Mental Wellness Support Group</b>   | 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.  |
| <b>Hope Heals Family Support Group</b><br>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<br>107 Main St.<br>Hamburg, NY 14075                    | Alan Tomaski | 716-931-0380       | atomaski@wny.org  |   | Register by calling or emailing Alan Tomaski  |
| <b>Mental Wellness Support Group</b>   | LAST Tuesday of the month        | 2:00 PM-3:00 PM   | In-Person         | 2600 William Street<br>Newfane, NY 14108                               | Chris        | 716-425-1458       | cwarden@mhanc.com |   | Contact Chris to register. Cancellations posted on Facebook @ Mental Health Association in Niagara County.  |
| <b>MHAWNY- Mental Health Support Group with Stu Rubin</b><br>Depression, anxiety, bipolar, ect.  | Tuesday                          | 2:30PM-4:30PM     | Virtual           |  | Sophie Reese |                    | sreese@mhawny.org | <a href="https://mhawny.org/">https://mhawny.org/</a> | Register by email to Sophie Reese   |
| <b>Healing Families</b><br>Peer family Support Group<br>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<br>730 Olean Road<br>East Aurora, NY 14052       | Alan Tomaski |                    | atomaski@wny.org  |   | Register by email to Alan Tomaski.<br>Please wear a face covering for the duration of the group.<br>You can bring family members with you. If you have any trouble with transportation to the group, please contact Alan Tomaski. |
| <b>Hope Walks Here</b><br>For youth ages 13-18 who have lost loved ones to suicide   | 2nd Tuesday of the month         | 6:30 PM-7:30 PM   | In-Person         | Tosh Collins Community Center<br>35 Cazenovia St.<br>Buffalo, NY 14210 | Sophie Reese | 716-886-1242 x 323 | sreese@mhawny.org | mhawny.org  | Register by phone or email to Sophie Reese  |

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| <b>Suicide Loss Grief Support Group</b><br>For adults who have lost loved ones to suicide   | 2nd Tuesday of the month | 6:30 PM-7:30 PM | In-Person         | Tosh Collins Community Center<br>35 Cazenovia St.<br>Buffalo, NY 14210                        | Sophie Reese       | 716-886-1242 x 323     | sreese@mhawny.org          | mhawny.org  | Register by phone or email to Sophie Reese   |
| <b>Hope After Heartache</b><br>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.<br>Tonawanda, NY 14223 | Marianne           | 716-873-6500           | mhubert@buffalodiocese.org |   | Register by calling or emailing Marianne.  |
| <b>Recovery International-</b><br>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<br>900 Maryvale Dr.<br>Cheektowaga, NY 14225                         | Thomas             | 716-668-2380           |                            | <a href="https://recoveryinternational.org">https://recoveryinternational.org</a> | Register on website; Questions call Thomas   |
| <b>Buffalo S Anon:</b> 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   | <a href="https://sanon.org/find-a-meeting/">https://sanon.org/find-a-meeting/</a> | Contact the email provided for information on Buffalo meeting. Check the website for other meetings. |
| <b>Eating Disorders Anonymous</b><br>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:<br>Dial: 978-990-5000<br>Enter Access Code: 4554533                             |
| <b>WNY Independent Living-</b><br>A Journey to Healing<br>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   |
| <b>WNY Independent Living-</b><br>Positive Perspective<br>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  |

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| <b>Brain Injury Peer Support in Rural Communities</b><br>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<br>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. |
| <b>Building Foundations of Recovery</b><br>Addict 2 Addict & Family 2 Family Peer Support Group<br>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<br>Guzman | 716-836- 0822<br>ext. 164 | eguzman@wnyil.org        |                      | Register by calling or emailing Eddylees Guzman  |
| <b>Mental Health Support Group for People with Developmental Disabilities</b>  | First<br>Wednesday of the month                 | 3:00 PM-4:00 PM                                 | In-Person         | 463 William St.<br>Buffalo, NY 14204                          |                    | 716-895-6701              |                          |                      |  |
| <b>Collateral Hope &amp; Recovery</b>  | Wednesday                                       | 5:30 PM Cafe Snacks<br>6:00 PM- 7:30 PM meeting | In-Person         | 2784 Seneca Street<br>West Seneca, NY                         | Victor             | 716-398-6509              |                          |                      | Register by calling Victor   |
| <b>MHAWNY- Sexual Assault Survivors (S.A.S.) Peer Support Group</b><br>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<br>Wednesday &<br>3rd Thursday of the month | 5:30 PM-6:30 PM                                 | Virtual           |   | Amanda             |                           | Saspeergroup@gmail.com   | https://mhawny.org/  | Register by email  |
| <b>Mental Health Phone Support Group with Stu Rubin</b><br>Depression, anxiety, bipolar.   | Wednesday                                       | 6:30 PM-8:00 PM                                 | Phone             |   | Sophie Reese       |                           | sreese@mhawny.org        |                      | To Join:<br>Call MHA's main phone number at 886-1242<br>Enter the extension 601<br>Enter the password 1234#  |
| <b>Suicide Survivors Support Group</b>   | 1st & 3rd<br>Wednesday of the month             | 6:00 PM-7:00 PM                                 | In-Person         | Niagara County<br>Community College -<br>Building E- Room 106 | Chris              | 716-425-1458              | cwarden@mhanc.com        |                      | Contact Chris to register.<br>Cancellations posted on Facebook @ Mental Health Association in Niagara County.  |

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| <b>Hope After Heartache</b><br>For those who have lost a loved one   | 3rd Wednesday of the month         | 7:00PM-8:30pm    | In-Person                     | St. Paul's Community Center<br>33 Victoria Blvd<br>Kenmore, NY 14217<br>Disabled accessible | Marianne      | 716-873-6500          | Mhubert@buffalocatholicceteries.org |   | St Paul's Community Center<br>Registering by calling or emailing Marianne   |
| <b>NAMI- Family Support Group</b><br>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,<br>Information on the website or you will be notified at registration.     |               | 716-226-6264          | online@namibuffalony.org            | <a href="http://www.namibuffalony.org/programs/calendar/">http://www.namibuffalony.org/programs/calendar/</a> | Check online for groups/classes offered. Pre-registration by email. Include: your name, phone number, and group you'd like to attend.<br><i>You will receive a call to complete registration, go over process and give you invitation to register for date requested.</i> |
| <b>WNY Independent Living-SMART Recovery</b><br>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<br>4999 McKinley Parkway<br>Hamburg, NY 14075<br>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.   |
| <b>Anxiety/Depression Recovery Support Group</b>   | 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   |
| <b>Trauma/Grief Recovery Support Group</b>   | 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.  |
| <b>Hand &amp; Hand Trauma support group</b>  | Thursday                           | 1:00 PM-2:00 PM  | Virtual                       |   | Ashanti Brown | 716-836-0822 ext. 160 | ashbrown@wnyil.org                  |   | Information: send email. To join the meeting: dial 605-475-6700 enter pass code 9303658   |

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| <b>Living with OCD Peer Support Group</b><br>Open to anyone with OCD diagnosis   | 1st and 3rd Thursday of the month  | 1:00 PM–3:00 PM | In-Person                     | MHAWNY<br>1021 Broadway<br>4th fl. Conference Rm.<br>Buffalo, NY 14212 | Sophie Reese    |                          | sreese@mhawny.org                 |                       | Register by email to Sophie Reese   |
| <b>WNY Independent Living-MICA (Mental Illness Chemical Addiction)</b><br>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<br>ext. 509 | bdunbar@wnyil.org                 |                       | Register by contacting Brett Dunbar by email or phone   |
| <b>Virtual Open Mic Night: Freedom of Expression</b><br>Freely express yourself through spoken word, singing, music, theater, dance and comedy   | 1st and 3rd Thursday of the month. | 4:30 PM–5:30 PM | Virtual                       |  | Lisa Maria Cruz | 716-836-0822<br>ext. 130 | lmcruz@wnyil.org                  |                       | Register by contacting Lisa Marie Cruz by phone or email  |
| <b>Job Club Networking Group</b><br>Work with vocational peer counselors in learning job preparation skills.   | Thursday                           | 4:30 PM–6:30 PM | In-Person                     | Independent Living Project<br>3108 Main St.<br>Buffalo, NY 14214       | Danielle        | 716-836-0822             |                                   |                       | Call Danielle for information   |
| Peer support for sex addicts   | Thursday                           | 7:00 PM-8:00PM  | Phone                         |  |                 |                          | breaking.the.chains.wny@gmail.com |                       | Information: send email.<br>To join the meeting: dial 605-475-6700 enter pass code 9303658  |
| <b>Family Support Group</b><br>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.<br><i>You will receive a call to complete registration, go over process and give you invitation to register for date requested.</i> |



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| <b>WNY Independent Living- Walk with Me</b><br>Addict 2 Addict, Family 2 Family Peer Support Group<br>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   |
| <b>Wellness for All Group</b><br>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  |
| <b>Recovery International-</b><br>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds  | Friday                          | 5:00PM-7:00pm   | In-Person             | Wheatfield Towers<br>6849 Plaza Drive<br>Niagara Falls, NY 14304                     |                 |  |                        | <a href="http://recoveryinternational.org">http://recoveryinternational.org</a> | Dial 000 on intercom for assistance   |
| <b>MHAWNY- 20 Something's Group</b><br>Young adults 18 - 28<br>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<br>335 Richmond Ave.<br>Buffalo, NY 14222 |                 | Call: 716-886-1242 ext 345<br>Call/text 716-245-5339 | peersupport@mhawny.org | mhawny.org  | Registration by email to peersupport@mhawny.org   |
| <b>MHAWNY- Teen Peer Support Group</b> 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<br>335 Richmond Ave.<br>Buffalo, NY 14222             |                 | Call: 716-886-1242 ext 345<br>Call/text 716-245-5339 | peersupport@mhawny.org | mhawny.org  | Registration by email to peersupport@mhawny.org   |
| <b>MHAWNY- Teen Peer Support Group</b> For Youth 13-18: Southtowns   | 3rd Friday of the month         | 6:00 PM-7:30 PM | In-Person and Virtual | Revive Wesleyan<br>4999 McKinley Pkwy<br>Hamburg, NY 14075                           |                 | Call: 716-886-1242 ext 345<br>Call/text 716-245-5339 | peersupport@mhawny.org | mhawny.org  | Registration by email to peersupport@mhawny.org   |
| <b>Southtowns Self-Help Group</b><br>Anxiety, depression, panic disorder, social phobia  | Friday                          | 6:30 PM–8:30 PM | To be determined      | St. Mark's Episcopal Church<br>6595 E. Quaker Road<br>Orchard Park, NY 14127         | Nicole          | 716-239-9048   |                        |   | Registration/Information by calling Nicole  |
| <b>Eating Disorders Anonymous</b><br>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<br>Enter Access Code: 4554533<br>Call Krystyna for information |

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| <b>Writing and Well-Being Workshop</b><br>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<br>1021 Broadway<br>4th fl. Conference Rm.<br>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. |
| <b>Facebook Group</b><br>A mutual peer support group open to anyone in the community   | Saturday                        | 11:00AM           | Virtual           |   | Facebook Group:<br>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              |
| <b>Recovery International-</b><br>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds                                      | Saturday                        | 12:00PM-2:00pm    | In-Person         | Fourteen Holy Helpers School<br>1339 Indian Church Rd.<br>Buffalo, NY 14224 | Michelle  | 716-449-2255   |                   | recoveryinternational.org | Registration/Information contact Michelle  |