Community Support Group Directory for Adults & Youth

Effective Date: October 6, 2026

Mental Health Advocates of Western New York

MHA
Mental Health Advocates
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.

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

The Wilson Support Center, an affiliate of Hospice & Palliative Care Buffalo, provides customized grief support by licensed professionals to anyone in the Western New York community. Their database of local and online grief support groups can assist individuals in finding the support that's right for them. Call 716-836-6460, email griefsupport@palliativecare.org or visit their location at 150 Bennett Road, Buffalo, NY 14227.

WNY Compassion Connection is a center for grieving children and families, that fosters hope resilience, and a healthy path forward for families enduring the pain of loss. For more information, call 716-288-7780 or visit wnycompassionconnection.org

Community Support Group Directory

Agency/Organization	Meeting/Group Topic(s)	Day(s)	Time(s)	Meeting Presented	Location *(If in-person)*	Contact Name	Contact Phone#	Contact Email	Website	Organization Registration Information
Recovery International	**Recovery International** Meetings for people with Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds	Monday	2:00 PM-4:00 PM	In-Person	The Woodlands 6237 S. Transit Road Lockport, NY 14094 (3rd driveway on the right)	Joyce Z.	716-438-1479		https://recoveryinternational.org	Registation/Information call Joyce or visit website
Mental Health Advocates of WNY	**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
WNYIL, Mental Health Peer Connection	**LGBTQ+ Mental Health Support Group -** Peer support around LGBTQ mental wellness	2nd and 4th Thursdays of the Month	1:00pm-2:00PM	In-Person		Jack Green	716-836-0822, ext. 167			RSVP to Jack Green at 716-836-0822, ext. 167
WNYIL, Mental Health Peer Connection	**Hoarding 2 Healing -** Where hoarding is transformed to healing through organizing lives one area at a time. Learn to organize, develop cleaning schedules, what it means to declutter- all in a judgement free space with a peer.	Monday	3:00 PM-4:30PM	In-Person	WNYIL, Mental Health PEER Connection 3108 Main Street, Buffalo, NY 14214	Annie O'Neil	716-529-3379			Register by calling Annie. We are a scent free environment - please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent or other products that are perfumed)
WNYIL, Mental Health Peer Connection	**A2A SMART RECOVERY -** SMART Recovery peer support that helps individuals develop the skills needed to enter or maintain their recovery	Monday	3:30PM-4:30PM	In-Person	WNYIL, Mental Health PEER Connection 3108 Main Street, Buffalo, NY 14214	Tim Van Valkenburg	716-931-2687 ext 135			Register by calling Tim We are a scent free environment - please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent or other products that are perfumed)
Mental Health Advocates of WNY	**MHAWNY-** Coping with Stress and Anxiety Support Group	Monday	6:00 PM–7:00 PM	Virtual		Sophie Reese		sreese@mhawny.org	https://mhawny.org/	Register by email to Sophie Reese
Western New York Independent Living Center	**Mental Health Peer Support Group** Open to anyone with any mental health challenge.	Monday	6:00 PM–8:00 PM	In-Person	WNY Independent Living Center 3108 Main St, Buffalo, NY 14214	Marie Therese Kersten	716-435-0238			For information call Marie Therese. Please call before attending for the first time.

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Western New York Independent Living Center & Mental Health Peer Connection	**F2F Grief & Loss Family Forum / Support Group --** Have you lost someone due to an overdose? Do you have a loved one in active use, and you do not know where thry are for long periods of time. You are not alone, and we can help offer ongoing peer support services and link you up with additional services and support.	The Last Monday of the Month	6:00 p.m. – 7:00 p.m	In-Person	Location (rotates monthly) Niagara Falls – 746 Portage Rd., Niagara Falls, NY 14301 ---------- ------ Lockport – 140 Genesee St., Lockport, NY 14094		**For information, call 716-284-4131**			**For information, call 716-284-4131**
Mental Health Advocates of WNY	**MHAWNY-** Mental Health Support Group with Stu Rubin Depression, anxiety, bipolar, ect.	Tuesday	2:00PM–3:00PM	Virtual		Sophie Reese		sreese@mhawny.org	https://mhawny.org/	Register by email to Sophie Reese
Mental Health Advocates of WNY	**MHAWNY-** Acceptable Perception: Psychosis Support Group Peer Support Group for people who have had the experience and challenges of what clinicians call psychosis. Available virtually over Zoom.	1st Tuesday of the month	6:00PM-7:00PM	Virtual		Sophie Reese		sreese@mhawny.org	https://mhawny.org/	Register for Zoom group by email to Sophie Reese
Mental Health Advocates of WNY- Youth Peer Advocates	**Teen, Tweens, and Life Changes Group** - For youth ages 10-17	2nd Tuesday of the month	6:00 PM-7:00 PM	In-Person	Dog Ears Bookstore & Cafe 688 Abbott Rd, Buffalo, NY 14220		716-886-1242 x 345	peersupport@mhawny.org	mhawny.org	Register by email or phone
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	
Headway WNY Inc. (People Inc.)	**Peer Support Group for Traumatic Brain Injury & Other Cognitive Challenges:** individuals who have sustained a mild to moderate brain injury and are having difficulty accepting the losses accompanying such a life-changing event.	1st & 3rd Wednesday of the month	2:00PM-3:00 PM	Virtual				support@headwayofwny.org	www.headwayofwny.org	If you are interested in attending, please email support@headwayofwny.org and leave a call back number or call 716-408-3110. Once we receive your email, further instructions will be provided for your virtual connection.

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WNYIL, Mental Health Peer Connection	**Elevate: Peer Support & Wellness:** A peer run support group that gives individuals a safe space to share experiences and develop coping strategies.	2nd & 4th Wednesdays of the month	2:00PM-3:00 PM	In-Person or Phone or Virtual		Mental Health Peer Connection Life Coach Brooks	716-836-0822 ext. 183			RSVP by calling the number provided and connecting Brooks
Western New York Independent Living Center	**Family2Family SMART Recovery** Designed to support those who have loved ones struggling with addiction or problematic behaviors. It provides a space for family members and friends to gain understanding. support, and tools to help themselves cope with the challenges they face.	Wednesday	3:00 PM-4:00 PM	In-Person	WNYIL Front Conference Room, 3108 Main Street, Buffalo, NY 14214	Carla Kenney	716-836-0822 ext. 164			Register by calling Carla Kenney
Mental Health Advocates of WNY	**MHAWNY- Teen Peer Support Group** - For ages 13-18	1st & 3rd Wednesdays of the month	5:00 PM-6:00PM	Virtual			Call: 716-886-1242 ext 345	peersupport@mhawny.org	mhawny.org	Register by email to peersupport@mhawny.org
Mental Health Advocates of WNY	**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 the month	6:30 PM-7:30 PM	Virtual		Gabby		sasgroupnew1@gmail.com	https://mhawny.org/	Register by email to Gabby or Sophie at sreese@mhawny.org
Mental Health Advocates of WNY	**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#
NAMI - National Alliance on Mental Illness	**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.	1st & 3rd Wednesday, 3rd & 4th Thursday	Wednesday's, depending on location, 6:30pm-8:30pm or 7:00 PM-8:30 PM	In-Person	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. *You will receive a call to complete registration, go over process and give you invitation to register for date requested.*

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Mental Health Association of Niagara County	**Matters of the Mind Support Group -** General Mental Wellness group	Thursday	10:00-11:30AM	In-Person	Heart, Love, & Soul 939 Ontario Avenue Niagara Falls, NY 14305	Shannon Veiders	716-433-3780,	sveiders@mhanc.com		Open to join without an RSVP but for more information you can call Shannon at (716) 425-1458
Western New York Independent Living Center	**A2A SMART Recovery:** Our goal is to help individuals gain independence from addictive behavior and lead meaningful and satisfying lives.	Every Monday and Thursday	3:30 p.m. – 4:30 p.m.	In-Person	WNYIL, Mental Health PEER Connection 3108 Main Street, Buffalo, NY 14214	Tim Van Valkenburg	716-931-2687 or 716-836-0822, ext. 135			Register by calling Tim. We are a scent free environment - please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent or other products that are perfumed)
Mental Health Advocates of WNY	**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 1st Floor Community Room 1021 Broadway St. Buffalo, NY 14212	Sophie Reese		sreese@mhawny.org		Register by email to Sophie Reese
WNYIL, Mental Health Peer Connection	**Open Mic: Freedom of Expression -** People can freely express themselves through spoken word, singing, playing musical instruments, theater, dance, and comedy.	2nd Thursday of the month	3:30PM-4:30PM	Virtual		Tegwanda Alford	716-836-0822 ext. 169			Register by calling
Western New York Independent Living Center	**A2A SMART RECOVERY-LOCKPORT** peer support that helps individuals develop the skills needed to enter or maintain their recovery	Tuesdays	3:30PM-4:30PM	In-Person	140 Genesee Street, Lockport, NY 14094		A2A Niagara, 716-398-4333			Register by calling number. The room is open 30 minutes before and after group.
Mental Health Advocates of WNY	**Substance Use and Mental Health Support Group Starting on 2/12/26 For adults 18+**	2nd & 4th Thursday's of the month	1:00PM-2:00PM	Virtual			716-886-1242 x 345	peersupport@mhawny.org	mhawny.org	For more information, call or email.
Mental Health Advocates of WNY	**Teen Peer Support Group:** Open to adolescent youth (ages 13-18). YPA's facilitate this strength based and recovery centeres group to give youth the opportunity to connect with their peers and offers a safe place for youth to receieve support, celebrate accomplishments and practice self-care skills.	2nd and 4th Thursday's of the month	6:30 PM- 7:30 PM	In-Person	WNYCPC Community Services 575 Alberta Drive, Suite 2, Amherst, NY 14226		716-886-1242 x 345	peersupport@mhawny.org	mhawny.org	For more information, call or email.

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Mental Health Advocates of WNY	**Support Group for Parents and Caregivers of Teens:** Join us for a supportive space where parents and caregivers of teens (ages 13-18) can share experiences, strategies, and encouragement.	2nd and 4th Thursday's of the month	6:30 PM- 7:30 PM	In-Person	WNYCPC Community Services 575 Alberta Drive, Suite 2, Amherst, NY 14226 (enter the Bailey Ave. side of the Ashley Furniture building)		716-886-1242 x 345	peersupport@mhawny.org	mhawny.org	For more information, call or email.
Sexual Recovery Anonymous	**Peer support for sex addicts**	Sundays	2:00PM-3:00PM	Phone				breaking.the.chains.wny@gmail.com		Information: send email. To join the meeting: dial 605-475-6700 enter pass code 9303658
NAMI - National Alliance on Mental Illness	**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 Thursday of the month	7:00 PM–8:30 PM	Virtual					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. *You will receive a call to complete registration, go over process and give you invitation to register for date requested.*
Mental Health Association of Niagara County	**Love Never Dies:** General Grief and Loss Support Group	Friday	9:00AM-10:00AM	In-Person	Heart, Love, & Soul 939 Ontario Avenue Niagara Falls, NY 14305	Shannon Veiders	716-425-1458			Open to join without an RSVP but for more information you can call Shannon at (716) 425-1458
WNYIL, Mental Health Peer Connection	**Housing Barriers -** Support group designed to assist with housing barriers so when housing is obtained, it can be maintained.	1st & 3rd Fridays of the month	2:00PM-3:00 PM	In-Person or Phone or Virtual		Mental Health Peer Connection Life Coach Ashanti	716-836-0822 ext 160			Register by calling the number provided and connecting with a Life Coach
Western New York Independent Living Center	**Breaking Barriers to Employment -** Peer run support group for those who are employed to help identify and overcome barrers to maintaining employment.	1st Friday of the month	3:30PM-4:30PM	In-Person	WNYIL, Mental Health PEER Connection 3108 Main Street, Buffalo, NY 14214	Zanus Cook	716-836-0822 ext 533 or 173			Register by calling Zanus Cook. We are a scent free environment - please refrain from wearing scented products (perfumes, colognes, oils, laundry detergent or other products that are perfumed)
Mental Health Advocates of WNY	**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 or Phone or Virtual	Pilgrim-St. Luke's UCC 335 Richmond Ave. Buffalo, NY 14222		Call: 716-886-1242 ext 345	peersupport@mhawny.org	mhawny.org	Registration by email to peersupport@mhawny.org
St. Mark's Episcopal Church	**Southtowns Self-Help Group** Anxiety, depression, panic disorder, social phobia	Friday	6:30 PM–8:30 PM	In-Person	St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127	Nicole	716-239-9048			Registration/Information by calling Nicole

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Mental Health Advocates of WNY	**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 1st fl. Community 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, email Sophie to see if group is still meeting.
Buffalo Peer Well-Being Community	**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
Recovery International	**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 or visit website
Recovery International	**Recovery International-** Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds	Sunday	5:00PM-6:00PM	In-Person	Infant Jesus Shrine 3452 Niagara Falls Blvd. North Tonawanda, NY 14120	Phil F.	716-343-0799		recoveryinternational.org	Registration/Information by calling Phil or visit website