

Updated 11/8/2018

# Erie County **Self Help Group Directory** for Adults

mental health advocates  of WNY  
BE HEARD. BE HELPED.

# Schedule of Weekly Support Group Meetings

	S	M	T	W	T	F	S
20 Somethings Group						√	
ADD/ADHD			√				
Anxiety		√		√		√	√
Bereavement			√	√		√	
Bipolar		√		√	√		√
Brain Injury			√				
Co-Dependents			√				
Depression		√	√	√		√	√
Eating Disorders	√						√
Family Support and Education			√	√	√		
Hoarding				√			
Narcotics Anonymous			√				
Networking Group - Job Club					√		
OCD		√		√	√		
Peer Professional Support				√			
PTSD		√					
Recovery International (Mental Health Recovery)		√	√				
Sex Addiction			√		√		
Schizophrenia/Schizoaffective Disorder				√			
Sexual Assault Survivors			√				
SOS/SOAR - Sobriety		√	√	√		√	
Social Hour Group						√	
Writing and Well-Being							√

## **Additional Groups**

**Elmwood Wellness Center**, located at 400 Forest Ave. (816-2911), has a variety of programs available for mental health consumers who have a mental illness diagnosis from a physician. Open enrolment is on Wednesdays between 1pm-3pm. Some examples of programs are: AA, NA, Quit Smoking Group, Basic Nutrition, Self- Expression through art, and a poetry workshop. Programs are held during different days and at different times. If you would like to learn more about these programs and others offered, please call the number above.

**The Pride Center of WNY**, located at 200 S. Elmwood Ave. (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).

**Restoration Society**, located at 66 Englewood Ave. (835-1919), has a variety of programs available for mental health consumers who have a mental illness diagnosis from a physician. The offered programs differ month to month. Some examples of programs that could be scheduled are: Money 101, Anxiety, Panic & OCD, How to Handle the Holidays and Depression Group. To learn what programs are currently being offered please call the above number.

**Start with Sleep**, located at 1211 Hertel Ave. (235-1505), offers a variety of workshops for both behavioral and medical sleep challenges. Their mission is to educate the public and support the medical community in recognizing sleep as the foundation for optimal health. If you would like to learn more about these free programs and others offered, including free restorative yoga, please call the number above or visit [www.startwithsleep.com](http://www.startwithsleep.com).

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

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

**Secular Organizations for Sobriety / "Save OurSelves"** - <https://sos-nys.org/>

## **SUNDAY**

<b>Eating Disorders Support Group</b>	6:00 – 7:00 PM	Buffalo Centre for the Treatment of Eating Disorders <a href="http://www.buffalocentre.com">www.buffalocentre.com</a> 95 John Muir Drive Amherst, NY 14228 276-6939
---	-------------------	--

## **MONDAY**

<b>Recovery International</b> <i>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</i>	12:45 - 2:15 PM	St. Clare Center 144 Broad Street - Rear door Tonawanda, New York 14150 (Park on Adams) Joyce 438-1479
<b>Mental Health Awareness Support Group</b>	2:00 - 3:00 PM 1st and 3rd Monday	Genesis Center 2161 Seneca St. Buffalo, NY 14210
<b>Depression, Anxiety, OCD, and Bipolar Support Group</b> <i>Call before first time attending</i>	2:30 - 4:30 PM	Gloria J. Parks Community Center 3242 Main Street Buffalo, NY 14214 Stu Rubin 875-8571
<b>Hope After Heartache</b> <i>For those who have lost a loved one</i>	4:00 - 5:30 PM 1st and 3rd Monday	St. Aloysius Gonzaga Church 157 Cleveland Drive Cheektowaga, NY 14225 Enter through school building Door G. Marianne 833-1715 mhubert@buffalodiocese.org
<b>Bipolar &amp; Anxiety Support Group</b>	6:00 - 8:00 PM	WNY Independent Living, Inc. 3108 Main Street Buffalo, NY 14214 Doc D'Amato 316-6795 Joe Randle 836-0822x183

## **TUESDAY**

<b>Kinship Caregivers Group</b>	9:30 - 10:30 AM	Genesis Center 2161 Seneca St. Buffalo, NY 14210
<b>Depression Group</b>	12:00 – 2:30 PM	Endeavor Counseling 1526 Walden Ave. Suite 400 Buffalo, NY 14215 Brenda Starks 836-0822x118 Paul Beagle 8360822x170
<b>Brain Injury Peer Support in Rural Communities</b> <i>www.headwayofwny.org</i>	4:30 – 6:00 PM 2nd Tuesday	DeGraff Hospital Board Meeting Room 445 Tremont Street North Tonawanda, NY 14120 Maggie 408-3100
<b>Support Group for Adults with ADD or ADHD</b>	5:00 – 6:30 PM 1st and 3rd Tuesday	Mental Health Advocates of WNY 999 Delaware Ave. Buffalo, NY 14209 886-1242 alana830@gmail.com
<b>Sexual Assault Survivors (S.A.S.) Peer Support Group</b>	5:30 6:30 PM 1st and 3rd Tuesday	Mental Health Advocates of WNY 999 Delaware Ave. Buffalo, NY 14209 886-1242 SASpeergroup@gmail.com
<b>Family Psychoeducation Group</b>	6:30 – 8:00 PM 1st Tuesday	Buffalo Psychiatric Center 400 Forest Avenue Buffalo, NY 14213 113S Strozzi Dr. Elleen Trigoboff - 816-2129
<b>Brain Injury Peer Support Group</b> <i>www.headwayofwny.org</i>	6:30 - 8:00 PM 1st and 3rd Tuesday	Headway for Brain Injured 2635 Delaware Ave. Ste.B Buffalo, NY 14216 Maggie 408-3100
<b>Caregivers' Support Group for Brain Injured</b> <i>www.headwayofwny.org</i>	6:30 - 8:00 PM 1st Tuesday	Headway for Brain Injured 2635 Delaware Ave. Ste.E Buffalo, NY 14216 Maggie 408-3100

<p><b>Recovery International</b>  <i>Anxiety, panic attacks,  depression, bipolar, anger  management, fears of all  kinds</i></p>	<p>7:00 PM</p>	<p>Trinity United Methodist Church  2100 Whitehaven Rd.  Grand Island, New York 14072  Judith 773-1367</p>
<p><b>Hope After Heartache</b>  <i>For those who have lost  a loved one</i></p>	<p>7:00 –  8:30 PM  1st and 3rd  Tuesday</p>	<p>Mount Olivet Cemetery - Office Area  4000 Elmwood Ave  Buffalo, NY 14207  Marianne 833-1715  mhubert@buffalodiocese.org</p>
<p><b>Recovery International</b>  <i>Anxiety, panic attacks,  depression, bipolar, anger  management, fears of all  kinds</i></p>	<p>7:30 PM</p>	<p>St. Luke's Lutheran Church  900 Maryvale Dr.  Buffalo, New York 14225  Thomas 668-2380</p>
<p><b>Buffalo S Anon</b>  <i>A group of spouse, friends,  and family whose lives  have been affected by  sexual addicts</i></p>	<p>7:30 –  9 PM</p>	<p>Participants can contact Dawn at  716-341-8306 or  buffalosanon16@gmail.com</p>
<p><b>CoDA 12-Step Program  for Codependents</b></p>	<p>7:30 PM -  9:30 PM</p>	<p>Trinity Old Lutheran Church  3445 Sheridan Drive  Buffalo, NY 14226  836-4868</p>

## **WEDNESDAY**

<b>Schizophrenia/ Schizoaffective Disorder</b>	1:00 – 3:00 PM 1st and 3rd Wednesday	Mental Health Advocates of WNY 999 Delaware Ave. Buffalo, NY 14209 886-1242 bmcnally@mhawny.org
<b>De-Clutter Group</b>	2:00 - 3:30 PM	WNY Independent Living, Inc. 3108 Main Street Buffalo, NY 14214 Paul Beagle 836-0822x170
<b>Bipolar and Depression Support Group</b>	6:00 – 8:00 PM	Plaka Restaurant 2904 Delaware Ave. Kenmore, NY 14217 Terry Hall 875-3058
<b>Peer Professional Group</b> <i>Discussions on straddling roles of being a professional and having mental illness.</i>	6:30 – 7:30 PM 2nd Wednesday	Buffalo Psychiatric Center 400 Forest Avenue Buffalo, NY 14213 113S Strozzi Dr. Trigoboff 816-2129 Stephen Nawotnik 816-2227
<b>Bereavement Group</b>	6:30 – 8:30 PM 1st Wednesday	St. Gregory the Great www.stgregs.org Ministry Centre Room 1 250 St. Gregory Ct. Williamsville, NY 14221 688-5678 Cindy Tichenor 689-7752
<b>Depression, Anxiety, OCD, and Bipolar</b> <i>Call before your first time attending</i>	6:30 - 8:45 PM	Kenmore Library 160 Delaware Road Kenmore, NY 14217 Stu Rubin at 875-8571
<b>Family Support Group - NAMI National Alliance on Mental Illness</b>	7:00 - 8:30 PM 3rd Wednesday	St Paul's Lutheran Church 4007 Main St. Amherst, NY 14226 NAMI 226-6264 www.namibuffalo.org



## **THURSDAY**

<b>Bipolar Support Group</b>	12:00 – 1:30 pm 2nd and 4th Thursday	Mental Health Advocates of WNY 999 Delaware Ave. Buffalo, NY 14209 Leslie 886-1242 or lwexler@mhawny.org
<b>Living with OCD</b>	1:00 – 3:00 PM 1st and 3rd Thursday	Mental Health Advocates of WNY 999 Delaware Ave. Buffalo, NY 14209 886-1242 bmcnally@mhawny.org
<b>Job Club Networking Group</b> <i>Work with vocational peer counselors in learning job preparation skills</i>	4:30 – 6:30 PM	Independent Living Project 3108 Main St Buffalo, NY 14214 Danielle 836-0822 x-170
<b>Sexual Recovery Anonymous</b>	7:00 PM	4737 Lake Shore Rd. Hamburg, NY 14075 (Parish Center - School) 716-427-4357 breaking.the.chains.wny@gmail.com
<b>Educational Meeting – NAMI</b> <i>Support and Education to Families of those with Mental Illness</i>	7:00 – 9:00 PM 2nd Thursday	St. Paul's Lutheran Church 4007 Main Street Amherst, NY 14226 NAMI 226-6264 www.namibuffalo.org
<b>Family Support Group - NAMI</b> <i>National Alliance on Mental Illness</i> <b>3rd Thursday of each month</b>	7:00 – 8:30 PM 3rd Thursday	Wesleyan Church of Hamburg 4999 McKinley Parkway Door 5 Room 117B Hamburg, NY 14075 NAMI 226-6264 www.namibuffalo.org

## **FRIDAY**

<b>Coping with the Loss of a Child</b> Contact Donna for dates and times of meetings.	Meets monthly	Jewish Community Center 2640 North Forest Road Getzville, NY 14068 Donna Possenti 883-1914
<b>Social Hour Group</b>	2:00 – 4:00 PM 3rd Friday	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 Mona White 836-0822 x-138
<b>20 Something's Group</b> <i>Young adults 18 and up</i>  <i>Parent group meets at same time in separate room</i>	6:00 – 7:30 PM  2nd Friday at Hamburg location  3rd Friday at the Buffalo location	Mental Health Advocates of WNY 999 Delaware Ave. Buffalo, NY 14209  Wesleyan Church of Hamburg 4999 McKinley Parkway Hamburg, NY 14075 Jenny Laney 886-1242 x-313
<b>Southtowns Self-Help Group</b> Anxiety, depression, panic disorder, social phobia	6:30 – 8:30 PM	St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127 Dennis 713-4318

## **SATURDAY**

<b>Eating Disorders Anonymous</b> <i>Provides a safe environment for people with eating disorders to share their experience, strength and hope.</i>	10:00 AM	The Clarifien Center 1412 Sweet Home Rd., Suite 1 Amherst, NY 14228 (716) 380-4035 Edcatt2@gmail.com
<b>Writing and Well-Being</b> <i>Poetry writing and reading</i>	10:00 AM - 12:00 PM 2nd and 4th Saturdays	Mental Health Advocates of WNY 999 Delaware Ave Buffalo, NY 14209 Bridget McNally 886-1242 x347 bmcnally@mhawny.org
<b>Recovery International</b> <i>Anxiety, panic attacks, depression, bipolar, anger management, fears of all kinds</i>	11:00 AM	Fourteen Holy Helpers School 1339 Indian Church Rd. Buffalo, NY 14224 Michele 449-2255

**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](http://mhawny.org) | 886-1242