

Expression Through Art



A therapeutic art program using drawing, painting, collage making and mixed media to explore the themes of identity, emotional recognition and regulation, self-expression and group process in a safe and structured space.

Ages 7-12 & 12-17

Contact us for upcoming dates and times

Mental Health Association

**999 Delaware Ave. at W. Utica
Buffalo, NY 14209**

To reserve your child's spot please email
msalamon@eriemha.org
or call 886-1242 x 346

**Made possible by a grant from
The Children's Guild Foundation**



Veterans Programs

Operation C.O.M.

Serving Children of the Military

An interactive program created to support our children of the military. Designed to establish positive coping skills to help children deal with the stresses of deployment, encourage them to express their feelings, strengthen their self-confidence, and have lots of fun.

For more information call 886-1242 ext. 326

Social Skills Group for Children

This group aims to teach social skills in the following categories: Conversational Skills, Cooperative Play Skills, and Self-Regulation.

Ages 8-13

Contact us for upcoming dates and times

Mental Health Association

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**Support Groups & Events
2017**

**Mental Health Association
of Erie County**

**999 Delaware Avenue
Buffalo, NY 14209**

Phone: (716) 886-1242

Fax: (716) 881-6428

**www.eriemha.org
www.facebook.com/MHAofErieCo**



Family Support Group

St. Mary's School for the Deaf
2253 Main Street
Buffalo, NY 14214

Meets the 1st Friday of each month
6:00 - 7:30 pm

Jan 6 th	Feb 3 rd	Mar 3 rd
Apr 7 th	May 5 th	Jun 2 nd
Jul 7 th	Aug 4 th	Sep 1 st
Oct 6 th	Nov 3 rd	Dec 1 st

Se habla español
Bilingual co-facilitator in attendance

Family Support Group For Caregivers of Younger Children

Ages 4-12

Baker Hall School Cafeteria
777 Ridge Road
Lackawanna, NY 14218

(Enter parking lot from South Park Ave.)

Meets the 4th Saturday of each month
10:00-11:30 am

Jan 28 th	Feb 25 th	Mar 25 th
Apr 22 th	May 27 th	Jun 24 rd
Jul 22 th	Aug 26 th	Sep 23 nd
Oct 28 th	Nov 25 th	Dec 23 nd

THE CHILD & FAMILY SUPPORT PROGRAM (CFSP)

A peer run program within the Mental Health Association (MHA) of Erie County, Inc. focuses on issues affecting families who have a family member living with an emotional, behavioral, or mental health challenge.

2017

Family Support Group

Teen Support Group

20 Something Support Group

Wesleyan Church of Hamburg
4999 McKinley Parkway
Hamburg, NY 14075

Please Enter Into Door 5 for Support Groups and Proceed
to Lower Level

Meets the 2nd Friday of each month
6:00- 7:30 pm

Jan 13 th	Feb 10 th	Mar 10 th
Apr 14 th	May 12 th	No Group
Jul 14 th	Aug 11 th	Sep 8 th
Oct 13 th	Nov 10 th	Dec 8 th

Child care is available for all family events and the
Family Support Groups.
Must RSVP to (716) 886-1242 ext. 346

Teen Peer Support Group

Peer-led support for teens 13-18

St. Mary's School for the Deaf
2253 Main Street
Buffalo, NY 14214

Meets 1st and 3rd Friday of each month
6:00 - 7:30 pm

Jan 6 th & 20 th	Feb 3 rd & 17 th
Mar 3 rd & 17 th	Apr 7 th & 21 th
May 5 th & 19 th	Jun 2 nd & 16 th
Jul 7 th & 21 th	Aug 4 th & 18 th
Sep 1 st & 15 th	Oct 6 th & 20 th
Nov 3 rd & 17 th	Dec 1 st & 15 th

Parent group meets at the same time
in a separate room
(no childcare available for this group on
third Friday of the month)

20 Something Group

A social support group
For young adults 18 and up

St. Mary's School for the Deaf
2253 Main Street
Buffalo, NY 14214

Meets the 3rd Friday of each month
6:00 - 7:30 pm

Jan 20 th	Feb 17 th	Mar 17 th
Apr 21 th	May 19 th	Jun 16 th
Jul 21 th	Aug 18 th	Sep 15 th
Oct 20 th	Nov 17 th	Dec 15 th

Parent group meets at the same time
In a separate room