



**ERIE COUNTY MENTAL HEALTH**

**SELF-HELP GROUP**

**DIRECTORY**

**FOR ADULTS**

Updated May 23, 2018



## ...SELF-HELP

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Nationally, **Self-Help** is being recognized as an important and integral part of the recovery program for consumers of mental health services. There is a growing acceptance and support among the mental health system and professionals regarding the value and need of peer run self-help groups for consumers. This is a direct result of consumer's representation, participation and perspectives within the mental health system. Simply stated, self-help group participation empowers consumers and embraces the concept of active participation in all facets of a consumer's recovery.

### **Self-Help Group Definition:**

***“A self-help group is a gathering of people who have a common bond that voluntarily come together to create and share experiences, reach out and learn from each other in a trusting, supportive, safe and open environment.”***

### Testimony...

*“When these strangers gathered, something happened –  
Some would call it “A dynamic,” others “grace”  
- that allowed them to speak truthfully from the  
depths of their hearts and also to be receptive to each  
other’s truths, where in other circumstances they could  
not do either, and,  
in this giving and taking, to begin to heal.  
What makes this possible and why it is healing  
remains the mystery and the miracle of self-help groups.”*

“Notes and Comment”  
The New Yorker



## **Benefits Provided or Obtained Through “SELF-HELP” Participation**

### **COST**

- ◆ Self-Help is extremely affordable, because it is free (Occasionally donations are accepted).

### **SAFETY**

- ◆ Self-Help groups provide a safe, confidential environment that assists the individual in developing trust.

### **CHOICE**

- ◆ Self-Help groups provide the opportunity to practice recovery methods with fellow peers. The process is member driven, not agency or system driven. This allows the group members to make decisions, facilitate independence, increase self-reliance and gain back control over their lives. Self-Help is the choice of the individual and may in time decrease the need for professional traditional treatment.

### **ACCEPTANCE**

- ◆ Self-Help groups provide acceptance within a non-stigmatizing and non-judgmental environment.

### **COPING STRATEGIES**

- ◆ Self-Help assists consumers through sharing and increasing their knowledge and application of coping skills.

### **HOPE**

- ◆ Self-Help groups help to eliminate despair by providing consumers the opportunity to share experiences, strength and hope in their recovery efforts.

### **PEER SUPPORT & ROLE MODELS**

- ◆ As peers share with others the recovery tools they have learned, it is with the knowledge and understanding that the one helped today, may be the one to help another tomorrow. Attending a self-help group will offer you the opportunity to be a part of a group in which there are positive role models who have increased their self-awareness and hope of recovery.

### **SOCIAL BENEFITS:**

- ◆ Self-Help groups help to reduce isolation by creating a sense of belonging, by connecting with other people. This will enable an individual to begin to build a social network, and relationships of trust.

### **EDUCATION & EMPOWERMENT BENEFITS:**

- ◆ Participation in a self-help group provides empowerment, in that a person finds as an individual they can make a difference through learning something new. New knowledge, shared within the group is used to make decisions directly affecting their own lives, which can then be applied through advocacy to help themselves and others.

# Schedule of Weekly Self-Help Group Meetings

	S	M	T	W	T	F	S
20 Somethings Group						√	
ADD/ADHD			√				
Anxiety Support Group		√	√	√		√	
Bereavement		√	√	√		√	
Bipolar Support Group		√		√	√	√	
Brain Injury			√				
CoDA 12 Step Program for co-dependents			√				
Communication Training						√	
Depression		√	√	√		√	
Eating Disorders/Healthy Eating	√						√
Family Support & Education			√	√	√		
Hoarders and Clutterers				√			
Mental Health – General Support						√	
NA (Narcotics Anonymous)			√				
Networking group – Job Club					√		
OCD		√		√	√		
Peer Support			√	√		√	
PTSD		√					
Recovery International - Sobriety		√	√	√	√		√
S Anon			√				
Schizophrenia/ Schizoaffective Disorder				√			
Sexual Assault Survivors			√				
Social anxiety		√				√	
SOS/SOAR - Sobriety		√	√	√		√	
Social hour group						√	
Southtowns Self-help Group						√	
Stress – De-stressor Group			√				
Writing and Well-being							√

## Additional Groups

**Elmwood Wellness Centre**, 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.

**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.

**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).

**Start with Sleep**, located at 1211 Hertel Ave. (716-235-1505), 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).

## **SUNDAY**

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

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<b>Hope After Heartache</b> (For those who have lost a loved one) Meets every 1st and 3 <sup>rd</sup> Monday	4:00 - 5:30 PM	St. Aloysius Gonzaga Church 157 Cleveland Drive Cheektowaga, NY 14225 Marianne 833-1715 mhubert@buffalodiocese.org
<b>Bipolar &amp; Anxiety Support Group</b> Meets every Monday	6:00 – 8:00 PM	WNY Independent Living, Inc. 3108 Main Street Buffalo, NY 14214 Doc D'Amato, 316-6795 Joe Randle, 836-0822x183
<b>Recovery International</b>	12:45- 2:15 PM	St. Francis Religious Ed. Center Rear door 144 Broad St, (Park on Adams) Tonawanda, New York 14150 Joyce 438-1479
<b>SOS - Save OurSelves</b> <i>A Secular Organization for Sobriety</i>	6:30 – 7:45 PM	ECMC Outpatient Clinic 5087 Broadway Depew, NY 14043
<b>SOS - Save OurSelves</b> <i>A Secular Organization for Sobriety</i>	6:30 – 7:30 PM	BestSelf (Lake Shore) Behavioral Health Abbott Corners Clinic 3176 Abbott Road (at Lake Road) Orchard Park, New York 14127
<b>Post-Traumatic Stress Disorder Peer Support Group</b> Meets 1 <sup>st</sup> Monday of the month	2:00 – 3:00 PM	Genesis Center 2161 Seneca St. Buffalo, NY 14210 Dana Murphy, 835-1141 ext. 7 or dana.murphy@housingoptions.org
<b>Depression, Anxiety, OCD, and Bipolar Support Group</b> Meets weekly Call before first time attending	2:30 – 4:30 PM	Gloria J. Parks Community Center 3242 Main Street Buffalo, NY 14214 Stu Rubin at 875-8571

# TUESDAY

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<b>Endeavor (Mid-Erie) Depression Group</b>	12:00 – 2:30 PM	Endeavor (Mid-Erie) Counseling 1526 Walden Ave. Suite 400 Buffalo, NY 14215 Brenda Starks 836-0822x118 Paul Beagle 8360822x170
<b>NA (Narcotics Anonymous)</b> Meets every Tuesday 18 and older/ no children allowed	10:00 AM- 12:00 PM	Endeavor (Mid-Erie) Counseling 1131 Broadway Buffalo, NY 14212 896-7350
<b>CoDA 12-Step program for co-dependents</b> Every Tuesday	7:30 PM - 9:30 PM	Trinity Old Lutheran Church 3445 Sheridan Drive Buffalo, NY 14226 836-4868
<b>SOS/SOAR - Save OurSelves</b> <i>A Secular Organization for Sobriety</i>	7:00 PM- 8:30 PM	Center for Inquiry 1310 Sweet Home Rd. Amherst, NY 14228 Rear entrance-3965 Rensch Rd. 636- 4869
<b>Family Psycho-Education Group</b> 1 <sup>st</sup> Tuesday of each month	6:30 – 8:00 PM	Buffalo Psychiatric Center 400 Forest Avenue Buffalo, NY 14213 113S Strozzi Dr. Elleen Trigoboff - 816-2129
<b>Recovery International</b>	7:30 PM	St. Luke's Lutheran Church 900 Maryvale Dr. Buffalo, New York 14225 Thomas 668-2380
<b>Recovery International</b>	7:00 PM	Trinity United Methodist Church 2100 Whitehaven Rd. Grand Island, New York 14072 Judith 773-1367
<b>Brain Injury Peer Support Group</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month <a href="http://www.headwayofwny.org">www.headwayofwny.org</a>	6:30- 8:00 PM	Headway for Brain Injured 2635 Delaware Ave. Ste.B Buffalo, NY 14216 Maggie 408-3100
<b>Hope After Heartache</b> (For those who have lost a loved one) 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month	7:00 – 8:30 PM	Mount Olivet Cemetery Bldg. 4000 Elmwood Ave Buffalo, NY 14207 Marianne 833-1715 <a href="mailto:mhubert@buffalodiocese.org">mhubert@buffalodiocese.org</a>

<b>Caregivers' Support Group for Brain Injured</b> 1 <sup>st</sup> Tuesday of the month www.headwayofwny.org	6:30- 8:00 PM	Headway for Brain Injured 2635 Delaware Ave. Ste.E Buffalo, NY 14216 Maggie 408-3100
<b>Brain Injury Peer Support in Rural Communities</b> 2 <sup>nd</sup> Tuesday of each month www.headwayofwny.org	4:30 – 6:00 PM	DeGraff Hospital Board Meeting Room 445 Tremont Street North Tonawanda, NY 14120 Maggie 408-3100
<b>Family Support Group – NAMI</b> <i>National Alliance on Mental Illness</i> 3 <sup>rd</sup> Tuesday of each month	5:00 – 6:30 PM	BestSelf (Lake Shore) Behavioral Health 951 Niagara Street Buffalo, New York 14213
<b>SOS - Save OurSelves</b> <i>A Secular Organization for Sobriety</i>	12:00 – 1:00 PM	BryLin BH Center 531 Farber Lakes Drive Williamsville, New York 14221
<b>Buffalo S Anon</b> Every Tuesday <i>S Anon is a group of spouse, friends, and family whose lives have been affected by sexual addicts.</i>	7:30 – 9 PM	Participants can contact me Dawn at 716-341-8306 or at buffalosanon16@gmail.com.
<b>Depression and Anxiety</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month	2:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY14209 886-1242 jreed@housingoptions.org
<b>Sexual Assault Survivors (S.A.S.) Peer Support Group</b> Meets the 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday	5:30 – 6:30 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 Bridget at 886-1242 x347 or SASpeergroup@gmail.com
<b>Support Group for Adults with ADD or ADHD</b> Meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday	5:00 – 6:30 PM	Mental Health Association of Erie County, Inc. 999 Delaware Ave. Buffalo, NY 14209 Alana at alana830@gmail.com



# WEDNESDAY

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<b>Bereavement Group</b> 1 <sup>st</sup> Wednesday of each month www.stgregs.org	6:30 – 8:30 PM	St. Gregory the Great Ministry Centre, Room 1 250 St. Gregory Ct. Williamsville, NY 14221 688-5678 Cindy Tichenor 689-7752
<b>Family Support Group - NAMI National Alliance on Mental Illness</b> 3 <sup>rd</sup> Wednesday of each month	7:00 - 10:00 PM	St Paul's Lutheran Church 4007 Main St., Amherst, NY NAMI 226-6264 www.namibuffalo.org Pre-registration may be required
<b>Bipolar and Depression Support Group</b> Every Wednesday	6:00 – 8:00 PM	Plaka Restaurant 2904 Delaware Ave. Kenmore, NY 14217 Facilitator-Terry Hall 875-3058
<b>Schizophrenia/ Schizoaffective Disorder</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY14209 886-1242
<b>De-Clutter Group</b> Mental Health Peer Connection	2:00 – 3:30 PM	WNY Independent Living, Inc. 3108 Main Street Buffalo, NY 14214 Paul Beagle 836-0822x170
<b>SOS - Save OurSelves</b> <i>A Secular Organization for Sobriety</i>	6:30 – 7:45 PM	ECMC Outpatient Clinic 5087 Broadway Depew, New York 14043
<b>Peer Professional Group</b> <i>Discussions on straddling both roles of being a professional and having mental illness.</i> Meets every 2 <sup>nd</sup> Wednesday	6:30 – 7:30 PM	Buffalo Psychiatric Center 400 Forest Avenue Buffalo NY 14213 113S Strozz Dr. Trigoboff 816-2129 Stephen Nawotnik 816-2227
<b>Depression, Anxiety, OCD, and Bipolar Support Group - Meets weekly</b> Call before first time attending	6:30 – 8:45 PM	Kenmore Library 160 Delaware Road Kenmore, NY 14217 Stu Rubin at 875-8571

# THURSDAY

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<b>Living with OCD</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 886-1242
<b>Job Club Networking Group</b> <i>Work with vocational peer counselors in learning job preparation skills</i> Every Thursday	4:30 – 6:30 PM	Independent Living Project 3108 Main St Buffalo, NY 14214 Danielle 836-0822 x-170
<b>Educational Meeting – NAMI National Alliance on Mental Illness</b> <i>Support and Education to Families of those with Mental Illness</i> 2 <sup>nd</sup> Thursday of each month	7:00 PM	St. Paul's Lutheran Church 4007 Main Street Snyder, NY 14226  NAMI 226-6264 www.namibuffalo.org
<b>Family Support Group - NAMI National Alliance on Mental Illness</b> 3 <sup>rd</sup> Thursday of each month	7:00 – 8:30 PM	Wesleyan Church of Hamburg 4999 McKinley Parkway Door 5 Room 117B Hamburg, NY 14075 NAMI 226-6264 www.namibuffalo.org
<b>Bipolar Support Group</b> <i>2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month</i>	12:00 – 1:30 pm	Mental Health Association of Erie County, Inc. 999 Delaware Ave. Buffalo, NY 14209 Leslie – 886-1242 lwexler@eriemha.org
<b>Recovery International</b>	11:00 AM –12:00 PM	V.A. Community Center 2963 Main Street Buffalo, NY, 14214 Dale – 694-0104
<b>Recovery International</b>	6:45 PM	Clarence Public Library 3 Town Place Clarence, New York 14031 recoveryinternational96@yahoo.com

# FRIDAY

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<b>Southtowns Self-Help Group</b> * <i>Anxiety</i> * <i>Depression</i> * <i>Panic Disorder</i> * <i>Social Phobia</i>	6:30 – 8:30 PM	St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127 Dennis 713-4318
<b>Coping with the Loss of a Child</b> <i>Meets Monthly</i> Contact Donna for dates and times of meetings.		Jewish Community Center 2640 North Forest Road Getzville, NY 14068 Donna Possenti 883-1914
<b>Social Hour Group</b> 3 <sup>rd</sup> Friday of each month	2:00 – 4:00 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 Mona White 836-0822 x-138
<b>"20 Something" Group</b> 3 <sup>rd</sup> Friday of each month at the Buffalo location. 2 <sup>nd</sup> Friday of each month at the Hamburg location. Young adults 18 and up <b>Parent group meets at same time in separate room</b>	6:00 – 7:30 PM	St. Mary's School for the Deaf 2253 Main Street Buffalo, NY 14214 & Wesleyan Church of Hamburg 4999 McKinley Parkway Hamburg, NY 14075 Jenny Laney 886-1242 x-313
<b>SOS - Save OurSelves</b> <i>A Secular Organization for Sobriety</i>	7:30 PM	Unitarian Universalist Church 6320 Main Street Williamsville, New York 14221
<b>Mental Health and Wellness Support Group</b> Meets weekly	1:00 – 2:30 PM	Kenmore Library 160 Delaware Road Kenmore, NY, 14217 716-248-2886
<b>Effective Communication Training</b> Meets every other Friday starting 9/15/2017	10:00 – 11:30 AM	699 Hertel Avenue Suite 150 Buffalo, NY 14207 844-588-8427
<b>Peer Support Group</b> Meets every other Friday starting 9/8/2017	10:00 – 11:30 AM	699 Hertel Avenue Suite 150 Buffalo, NY 14207 844-588-8427

# **SATURDAY**

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**Writing and Well-Being**  
Poetry writing and reading  
*Meets on second and fourth Saturdays*

10:00 AM -  
12:00 PM

Mental Health Association  
999 Delaware Ave  
Buffalo, NY 14209  
Bridget McNally  
886-1242 x347

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**Recovery International**

10:00 AM

Fourteen Holy Helpers School  
1339 Indian Church Rd.  
Buffalo, NY 14224  
Michele 449-2255

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**Eating Disorders Anonymous**

10:00 AM

WNY Counseling & Stress  
Management Center  
388 Evans St., 1st Floor  
Williamsville, NY 14221  
716-380-4035  
Edcatt2@gmail.com

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**Mental Health Association  
of Erie County, Inc.**

**716-886-1242  
www.eriamha.org**