### FAMILY SUPPORT GROUPS

*Support for family, friends, and caregivers of people living with mental health challenges*

| Support Group for Parents of Young Adults 18+ | St. Mary’s School for the Deaf  
2253 Main Street  
Buffalo, NY 14214  
Phone: 886-1242 ext. 313  
E-mail: laney@eriemha.org  
www.eriemha.org | Meets 3\(^{rd}\) Friday of the month  
6:00-7:30 PM |
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<tbody>
<tr>
<td>Mental Health Association of Erie County</td>
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| **NAMI Family Support Groups**  
*National Alliance on Mental Illness* | St. Paul’s Lutheran Church  
4007 Main Street  
Amherst, NY 14226  
Lakeshore Behavioral Health  
3176 Abbott Rd.  
Orchard Park, NY 14127  
Phone: 226-6264  
www.namibuffalony.org | Meets 3\(^{rd}\) Wednesday of the month  
7:00 PM |
| | Lakeshore Behavioral Health  
951 Niagara Street  
Buffalo, NY 14213  
Phone: 226-6264  
www.namibuffalony.org | Meets 3\(^{rd}\) Tuesday of the month  
5:00 – 6:30 PM |
| **NAMI Educational Meeting**  
*National Alliance on Mental Illness* | St. Paul’s Lutheran Church  
4007 Main Street  
Amherst, NY 14226  
Phone: 226-6264  
www.namibuffalony.org | Meets 2\(^{nd}\) Thursday of the month  
7:00 PM Coffee and Library Hour  
7:30 PM Guest Speaker |
| | | |
| Buffalo Psychiatric Center Psycho-Education group | Buffalo Psychiatric Center  
113S Strozzi  
400 Forest Avenue  
Buffalo, NY 14213  
Dr. Eileen Trigoboff- 689-4561 | Meets 1\(^{st}\) Tuesday of the month  
6:00 Light Dinner  
6:30 Meeting |
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<tr>
<th>ECMC Family Support Group</th>
<th>Erie County Medical Center 4&lt;sup&gt;th&lt;/sup&gt; floor, Room 443</th>
<th>Meets Sundays and Wednesdays 12:30-1:30 pm</th>
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<tbody>
<tr>
<td>Family Support from the Mental Health Association of Erie County</td>
<td>Phone: 886-1242 ext. 313</td>
<td>12:30-1:30 pm</td>
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<td>E-mail: <a href="mailto:laney@eriemha.org">laney@eriemha.org</a></td>
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<td><a href="http://www.eriemha.org">www.eriemha.org</a></td>
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Updated 10/19/2016