



## September CFSP Online and Phone Support for Youth, 20-Somethings, Parents and Caregivers

This is a stressful time for everyone with young and old struggling to cope with the changes we are all facing. In times like these, maintaining mental well-being and self-care for yourself and family is paramount. MHA certified youth and family peer advocates are now available to offer support through online video chats and phone appointments.

### Youth Peer Support

**Teen Peer Online Video Chat  
for ages 13-18**

**Wednesdays, Sept. 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 29<sup>th</sup>**

**4:00pm - 5:30pm. Please note time change**

The peer-led support group offers a safe place for youth to connect, receive support as well as celebrate accomplishments and practice self-care skills in this new era of social distancing.

**20-Something Online Video Chat  
for ages 18-28**

**Fridays, September 4<sup>th</sup> & 18<sup>th</sup>**

**6:00pm-7:30pm**

This strength-based and recovery centered group provides validation and support to emerging adults facing mental health and/or substance use struggles.

*For more information or to sign-up:*

RSVP to [peersupport@mhawny.org](mailto:peersupport@mhawny.org)

or call 716-886-1242 x345, or

Text 716-245-5339

**Please specify which youth group and date  
you wish to attend.**

*Once registered, you will receive confirmation with log-in information*

**Individual Youth Peer Support**

**Monday - Friday, noon-5:00pm**

One-on-one phone support with a certified youth peer advocate is also available by appointment

*To request a time:*

email: [peersupport@mhawny.org](mailto:peersupport@mhawny.org)

### Family Support

**Video Chat Support Group for  
Caregivers of Children, Teens and Young  
Adults ages 18-26**

**Thursdays, September 10<sup>th</sup> & 24<sup>th</sup>**

**7:00pm-8:00 pm**

To sign-up:

RSVP to [laney@mhawny.org](mailto:laney@mhawny.org)

*You will receive a confirmation email with log-in information*

**Individual Family Peer Support**

One-on-one phone or email support with a family peer advocate.

Contact: Stacie Dziwulski 716-886-1242 x337,

[sdziwulski@mhawny.org](mailto:sdziwulski@mhawny.org)

or Dawn Tisdale 716-886-1242 x321,

[dtisdale@mhawny.org](mailto:dtisdale@mhawny.org)

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**Child & Family Support Program**

is a program of Mental Health Advocates of WNY, 999 Delaware Avenue, Buffalo, NY 14209 [MHAWNY.ORG](http://MHAWNY.ORG)