



January 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, Jan. 6th, 13th, 20th & 27th

4:00 pm - 5:30 pm

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, Jan. 8th & 15th 6:00 pm - 7:30 pm

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

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 - 5:00 pm

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

To request a time: email

peersupport@mhawny.org

or call 716-886-1242 x345

Family Support

Video Chat Support Group for

**Caregivers of Children, Teens and Young Adults
ages 18-26**

Thursdays, January 14th & 28th

7:00 pm - 8:00 pm

To sign-up:

RSVP to 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

or Dawn Tisdale 716-886-1242 x321,

dtisdale@mhawny.org

Child & Family Support Program

is a program of Mental Health Advocates of WNY

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